



Fort Sam Houston

# News Leader®



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Fort Sam Houston — Home of Army Medicine

April 29, 2004

## Briefs

### **C Company, 187th Medical Battalion change of command, tomorrow**

Outgoing commander Capt. Amy Sanders will relinquish command of C Company, 187th Medical Battalion to incoming commander Capt. James Fox at change of command ceremony tomorrow, 5 p.m. at the C Company Quad, Bldg. 919, located behind 32nd Medical Brigade.

### **SJA Offices closed tomorrow**

The Office of the Staff Judge Advocate, Claims Division, and the Legal Assistance Office will be closed tomorrow in observance of Law Day. The office will reopen on May 3 regular duty hours. In case of emergency, call the On-Call Officer at 286-6227.

### **Post Garage Sale, May 1**

A huge post garage sale will be held Saturday, May 1, 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot, located on the corner of Harry Wurzbach and Stanley Roads. Non-DoD patrons are advised to use the Walters Gate.

### **Military Sales Clothing Sales store closed, May 2**

The Military Clothing Sales Store will be closed Sunday May 2 due to electrical meter installation in Bldg. 4188. For information, call 221-3794.



Photo by Esther Garcia

### **Pilgrimage honors Alamo heroes**

Fort Sam Houston commanders and Command Sergeants Major participate in the Pilgrimage to the Alamo procession sponsored by the Daughters of the Republic of Texas held April 19. The silent procession begins at the municipal auditorium and ends at the Alamo to recognize the heroes of the Alamo defenders. See more photos on Pages 18-19.

## Soldiers extended in Iraq get extra \$1K monthly

By Gary Sheftick  
Army News Service

About 20,000 Soldiers who have been involuntarily extended beyond their expected 12 months of duty in Iraq or Kuwait will be eligible for extra pay of \$1,000 a month.

The incentive package includes an

additional \$200 in hardship duty pay (above the \$100 already being received) and \$800 monthly in Assignment Incentive Pay, or AIP. This pay will be available to Soldiers in 42 units required to stay in theater past their expected rotation date due to operational needs, officials said.

Secretary of Defense Donald

Rumsfeld announced the unit extensions April 15, saying the period would be for up to 90 days in Iraq plus another possible 30 days in theater before redeploying home.

The extra pay will only be available once a Soldier exceeds 365 consecutive days in the Central Command Theater.

See **Soldiers** on Page 3

## Thrift Savings Plan: Good way to increase wealth, executive director says

By Rudi Williams  
American Forces Press Service

Defense Department officials want thousands more service members to invest in their future through the Thrift Savings Plan, or TSP.

And now is a good time for service members to start paying themselves. The current TSP open season started April 15 and runs until June 30. This is the time service members can start or change their

contributions to their TSP account.

Service members can contribute up to nine percent of their basic pay each month, and up to 100 percent of incentive pay and special pay, including bonus and combat pay. But their total contributions from taxable pay may not exceed the Internal Revenue Service limit of \$13,000 for 2004.

"You're never too young or too old to start a savings account in TSP," said Gary A. Amelio, executive director of the

Federal Retirement Thrift Investment Board and chief executive and managing fiduciary of TSP for federal employees. "The tax deferral benefits are excellent and compounded earnings are simply a phenomenal way to increase your wealth."

TSP assets total more than \$110 billion. The plan maintains retirement savings accounts for more than three million participants. This includes federal civilian employees in all branches of government,

U.S. Postal Service employees and members of the seven uniformed services.

Created by the Federal Employees' Retirement System Act of 1986, TSP is a tax-deferred savings option and lowers the taxable income for participants in the 2004 tax year. The savings plan is similar to 401k plans offered by many private employers. It's separate from and in addition to the military retirement system, which is based on years of service and

See **TSP** on Page 6

## First female physician nominated for brigadier general

By Sgt. 1st Class Marcia Triggs  
Army News Service

The Army is continuing to diversify its leadership ranks by promoting and placing women in key positions. Col. Carla Hawley-Bowland is the first female physician to be nominated for promotion to brigadier general.

Hawley-Bowland, who awaits Senate confirmation on her new promotion, doesn't know what her next job will be. However, now she's balancing three jobs. She's the chief consultant for the Army Medical Department overseeing 138 consultants in all specialties.

She also heads the Clinical Services Division, San Antonio, Texas. Part of that job consists of looking at the individual augmentees that are needed in the medical field around the world, and

placing active-duty doctors in positions whenever there is a shortage of Reserve personnel.

Hawley-Bowland jokingly said she always ends up with more than one job just before explaining her third role as the deputy chief of Health Policy and Services at U.S. Army Medical Command. In that role, a few of the programs she manages are TRICARE, Patient Administrative Division, Behavioral Health and Allied Health.

Being the first female physician to be nominated for promotion to general officer doesn't make her nervous. She said any stress would come from the increased workload in a new job with higher responsibility. However, Hawley-Bowland said she has never ran from an increased workload.

In the medical field, Hawley-

Bowland said doctors usually choose one or two areas -- clinical, academic or administrative. She has worked in all three.

She held two back-to-back commands. The first command was at General Leonard Wood Army Community Hospital in Missouri, and then at the William Beaumont Army Medical Center, El Paso, Texas. While holding command, she completed the War College Course through correspondence.

"I've had a lot of different jobs, but I've been able to balance family and jobs and still succeed and move up," said Hawley-Bowland, who is a wife, mother and grandmother. "As the first female physician to be nominated for promotion to general officer, I hope to be a role model. "It is good to show



Col. Carla Hawley-Bowland

other women ... that they can succeed in any career they choose and achieve balance," she said.



# Army Sgt. Maj. Preston says extra 30,000 GIs to ‘take pressure off’ service

By **Jeremy Kirk**  
**Stars and Stripes**

The Army’s planned expansion from 33 to 43 brigades should be a point of relief for Soldiers, the top-enlisted Soldier said Friday.

The recent go-ahead from Congress to increase minimum strength from 482,400 Soldiers by 30,000 should “take the pressure off” the rest of the service, said Sgt. Maj. of the Army Kenneth Preston, a 29-year veteran making his first visit to South Korea. He spent Friday answering questions from Soldiers on American Forces Network radio.

“We’re going to grow the Army by 10 brigades,” said Preston, who took over the top-enlisted job in January.

“That increase should be completed by the end of fiscal year 2006,” he added. The number of Soldiers in the Army now -- 495,000 -- is actually

greater than the congressional minimum, and that should increase to 512,000.

About 170,000 Army Soldiers are deployed on one-year tours to Afghanistan, Iraq and South Korea, Preston said.

“We are an Army at war supporting a nation at war,” Preston said.

And the Army also is reorganizing military occupational specialties to get more skilled Soldiers in critical areas, such as special operations, psychological operations, military police and civil affairs, Preston said. Those changes -- called balancing the force -- will take place over the next two years.

Preston, previously a tanker and scout, left Iraq in December. When asked about the morale there, he replied, “it’s a war zone, but the Soldiers are very, very focused. They are well-trained. They are well-equipped.”

As far as South Korea, about 6,000 Soldiers have taken advantage of

Assignment Incentive Program that gives Soldiers an extra \$300 per month for extending in South Korea, Preston said. The program has been so successful that the Air Force is considering adopting a similar program in May, Preston said.

The program also saves the Army money, Preston said.

Each permanent-change-of-station move costs an average of \$5,000, and the Army saves two PCS moves when a person extends, Army officials have said. The program is projected to save the Army \$20 million in South Korea.

Recruitment and retention remains fairly strong, Preston said. Some service members are not going in the Reserves when they leave the service, causing some shortfalls, he said. But National Guard units are at 139 percent retention for the fiscal year to date, Preston said. Recruitment goals are being met, and the Army is setting higher goals, Preston said.



**Sgt. Maj. of the Army  
Ken Preston**

“Recruitment and retention are areas that concern me a lot,” Preston said. “We watch that very, very close.”

## Fort Sam Houston News Leader

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**Army Medical Department  
Center and School and  
Fort Sam Houston  
Commander**  
Brig. Gen. Daniel F. Perugini

**Garrison Commander**  
Col. Garry Atkins

**Public Affairs Officer**  
Phillip Reidinger  
**Editor**  
Yolanda Hagberg  
**Layout Artist**  
Taryn Smith





Photo by 2nd Lt. Stephanie O'Connors



Photo by Staff Sgt. Robert R. Ramon

Brig. Gen. Thomas P. Mancino, left, CJTFP, visits with R. Lee Ermey, right, host of the television show Mail Call, at the ANA's Pol-e-Charki base outside of Kabul.

R. Lee Ermey prepares to fire a rocket propelled grenade launcher as Sgt. 1st Class Shayne M. Simmons, a trainer from CJTFP, loads a rocket during a taping of the show at the ANA's Pol-e-Charki base outside of Kabul recently.

# History Channel tapes ‘Mail Call;’ highlights CJTFP unit

Story by Staff Sgt. Robert R. Ramon  
CJTFP Public Affairs Office

“What is your major malfunction?” the gunnery sergeant yelled to the Soldiers. “Do I make you nervous?”

This wasn’t a scene out of the popular cult classic war movie “Full Metal Jacket,” but a re-enactment as movie star R. Lee Ermey entertained the Soldiers of Coalition Joint Task Force Phoenix (CJTFP) at the Afghan National Army’s (ANA) Pol-e-Charki base near Kabul recently.

Ermey, featured in several movies including “Full Metal Jacket,” “Saving Silverman” and the newest version of “Texas Chainsaw Massacre,” was in Kabul to tape his show for the History Channel called “Mail Call.”

“I love my job,” said Ermey who has hosted the show since its inception 2 1/2 years ago. “It’s the best job in the world. Everyone in Hollywood wants my job but they’re too afraid to come out here on the front lines away from the main base!”

“Mail Call” is the highest rated show on the History Channel, according to Ermey. Based on the reaction of the Soldiers watching the taping, it was easy to see why. Ermey spotlighted various Soldiers of the Oklahoma National Guard’s 45th Infantry Brigade and the

weapons each specializes in.

First up was the rocket propelled grenade launcher. Ermey listened closely as Sgt. 1st Class Shayne M. Simmons, an ANA weapons trainer, explained all the details about the weapon. “Great,” said Ermey excitedly after Simmons completed his explanation. “Do you think I could fire this weapon?” “Sure,” said Simmons. “Let’s load it up!”

Ermey moved into position as Simmons loaded a round. Once identifying the silhouette targets on the firing range, a burst of smoke and dirt rose into the air as Ermey pulled the trigger sending the rocket flying towards its mark. “Yeah! That’s some major firepower,” yelled Ermey. “I love it!”

After sending a few more rockets down range, Ermey tried his hand on an SPG-9, 73 millimeter Recoilless Rifle and a Russian-made ZU 23-2 Anti-Aircraft gun. He ended the taping that afternoon by riding with ANA soldiers in their T-62 tank as a crowd of Soldiers watched.

Throughout the day, Ermey constantly visited Soldiers during breaks from taping his show to take photographs and sign autographs.

“They are the main reason I’m here,” Ermey said of the U.S. Soldiers. “You could say this is my version of a USO tour. An official USO tour would proba-

bly only allow me to visit Soldiers on the main base; but, I’d rather be out here on the front lines with you guys!”

Soldiers laughed and applauded as Ermey entertained them while mingling through the growing crowds.

“Throughout the day, don’t hesitate to ask me questions, have me sign autographs, take pictures or whatever,” Ermey said as he signed a can of Skoal for one Soldier. “Just let me know what you want and I’ll do it for you. However,” said Ermey as he raised his index finger, “I do draw the line. In the movie ‘Saving Silverman’ they paid me \$200,000 to kiss my fellow actor Jack Black. If all of you can come up with \$200,000 amongst yourselves I’ll kiss every last one of you,” said Ermey as laughter roared through the crowd.

“This guy is unbelievable,” said Sgt. 1st Class Robert Rodriguez, an ANA Military Police Security Advisor from Mission, Texas. “The thing I’m most impressed with is the fact that he takes the time to meet the Soldiers individual-ly. He is all for the troops. It’s not all just about him.”

Ermey let the troops know just how much he appreciates the job their doing and how he plans to convey that message through his television show.

“When you watch the television back home, most news channels just want to

videotape Soldiers dying and humvees burning,” Ermey told the Soldiers as several yelled out in agreement. “The Communist News Network shows absolutely nothing about the schools you’re building, the wells you’re digging, or any of the other great, positive things you’re doing here! We’re here to cover those positive things!”

Many of the Soldiers seemed to appreciate that Ermey was nothing like the typical media they watch on television back home.

“I like the fact that he listens to the Soldiers,” said Rodriguez. “I like that he’s different than other members of the media in that he’s not always trying to bash the president. He’s fully supportive of the troops and it brings morale up.”

CJTFP is comprised mainly of National Guard units from over 20 states, the Oklahoma National Guard’s 45th Infantry Brigade Headquarters, and contingents from seven different countries. CJTFP’s mission is to train the Afghan National Army to provide a measure of stability to the country and help to prevent the re-emergence of terrorism.

“I think the Soldiers of the 45th are doing an outstanding job,” said Ermey. “They’re motivated and doing great work! Their heads are in the right place and I haven’t heard a complaint from any of them.”

## Soldiers

Continued from Page 1

That’s 12 consecutive months or 365 days out of a 15-month period, explained Lt. Col. Gerald Barrett, chief of Compensation and Entitlements, G1.

“This is the Department of the Army’s way of providing for Soldiers in the identified units who were promised that they were leaving at a certain time, but because of operational requirements, they were required to stay longer,” Barrett said earlier this year when the incentive-pay program actually began.

The program began in February when about 1,500 Soldiers from 12 units were required to stay in Iraq longer than their expected 12-month rotation. Then the Army offered the \$200 hardship duty pay and either the \$800 Assignment Incentive Pay or a guaranteed stabilized assignment once they redeployed. If they opted for the stabilized tour, Soldiers were guaranteed to spend at least the same amount of time at home station as

they did in theater.

No one opted for the stabilized tour, though, said Deborah Holman, a senior compensation analyst for the Army’s G1.

Barrett said the old stabilization option will no longer be offered. He said this is contrary to what was misreported in the Army Times. Only the extra pay will be offered to troops recently extended.

In order to receive the \$800 AIP, extended Soldiers must sign a DA Form 4187, personnel action form, recognizing that their extension was involuntary. The signature is necessary because, by law, AIP must be based on a written agreement between the secretary of the Army and the Soldier, Holman said.

This is only the third time the Army has ever offered Assignment Incentive Pay, Barrett said. He said the Navy first used the special pay for a number of specific “hard to fill” assignments.

In February, the Army offered AIP for

the 1,500 Soldiers extended in Iraq. Then in March, the Army offered AIP in the amount of \$300 per month to Soldiers who extended in Korea for an additional year, volunteered for a two-year unaccompanied or three-year accompanied tour in Korea. Originally, the AIP program for Soldiers in Iraq was to expire June 1, but now has been extended.

“In order to maintain equity, we will apply the involuntary extension incentive to this group also,” Barrett said referring to the 20,000 troops just extended. “We want to be fair to Soldiers.”

The \$200 extra hardship duty pay and \$800 AIP will both be given to Soldiers who serve in theater any amount of time past 365 days.

“It will not be pro-rated,” Barrett said about the extra pay. He explained that Soldiers who serve one day of the extension period will receive the extra pay for the entire month.

The pay will also be provided for time Soldiers spend in Kuwait after departing Iraq, Barrett said. It will be paid as long as “boots are on the ground” in the Central Command theater, he said.

When Soldiers are calculating their time on the ground, they should not subtract the time they spent away on emergency or R&R leave, Holman said.

Units extended in Iraq include two brigade combat teams from the 1st Armored Division based in Germany, the 2nd Cavalry Regiment (Light) from Fort Polk, La., the 514th Maintenance Company from Fort Drum, N.Y., the 57th Air Ambulance Company from Fort Bragg, N.C., and the 98th Combat Stress Center Medical Team from Fort Lewis, Wash.

In addition, 21 Army National Guard units and 16 Army Reserve units were extended. See related article explaining the reserve-component extensions.





Krystal Arbuekle, family member, said, “I would contact the National Hotline. This number was in our welcome packet when we arrived here at FSH.”



Maria Franklin, family member, said, “I would contact Child Protective Services and or the Social Work Department.”



Maj. David Sanchez, assigned to U.S. Army South and a parent of four children said, “I would contact the military police.”



1st Lt. Simone Edwards, attending Officer Basic Course, said, “I would report alleged child abuse to the child abuse center.”

# Help protect children...Report child abuse

By **Angela M. Swain**  
Special to the Newsleader

Child Abuse Prevention Awareness Month for April is coming to a close. The Family Advocacy Program has released information through articles, a proclamation, command training, briefings and classes to heighten awareness about child abuse. Random street inter-

views occurred on April 23, in front of the Post Exchange. The question posed to active duty members and military spouses was “Who do you contact about suspected or alleged child abuse concerns?”

Above are some of the responses received from those interviewed in front of the PX.

The following are contacts to report

suspected or alleged child abuse on Fort Sam Houston: Military Police at 221-2222, Brooks Army Medical Center Department of Social Work at 916-3020, and Army Community Service Family Advocacy Program at 221-0349. Contact 911 and ask for the San Antonio Police to report incidents off post. The Child Abuse Hotline number is 1-800-252-5400.

The theme for the Child Abuse Prevention Awareness Campaign was “Building Safe Communities Prevent Child Abuse.” It is important that every member of the community do their part to break the cycle of abuse by reporting legitimate child abuse concerns. Remember, “Kid’s Count!” and let us all be responsible advocates for children everyday.

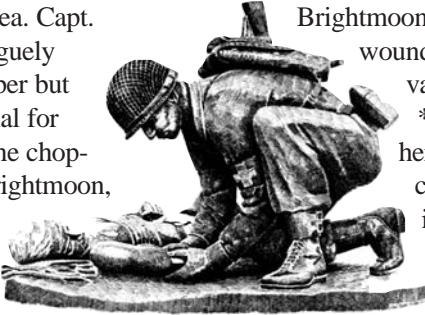
# The Hooah story, a commander’s wife’s version

By **Joyce A. Larry**  
Special to the News Leader

I don’t know where the Army of One slogan came from, but I can tell you where Hooah originated from.

It was in a combat situation, when an ambush occurred. Lt. Col. Masonry and Capt. Davenport were ambushed by gun fire. Lt. Col. Masonry was killed and Capt. Davenport was badly wounded. The Medivac was circling to rescue them

from the hostile area. Capt. Davenport was vaguely aware of the chopper but was unable to signal for help. But aboard the chopper was Private Brightmoon, who was ready to jump in to rescue them. Just as the pilot said lets get out of here. Pvt. Brightmoon yelled, “I see them!” The chopper circled and



Brightmoon fast roped down to the wounded men. Capt. Davenport was vaguely conscious. \*Brightmoon said, “Sir I’m here to help you,” but Davenport could barely speak, and spoke in a very low voice saying “who aa...,” and loss consciousness. Davenport was lifted to the chopper along with the body of Lt. Col. Masonry. The other crew members asked if they were

alive. Brightmoon said that he thought Davenport was alive because he was in very good spirit. Good spirit what you mean by that. Well said Brightmoon, “when I told him, I’m here to rescue you, he said Hooah!” This statue inspired the story!!! \* Davenport was trying to say Who Are you, which Brightmoon thought he said Hooah!! (Fictitious names were used but the story is true??)

# Four Medal of Honor recipients to visit FSH, May 14

The Fort Sam Houston post exchange will host a book signing event for “Medal of Honor: Portraits of Valor Beyond the Call of Duty” (Artisan; \$40) by bestselling author Peter Collier and award-winning photographer Nick Del Calzo. The book is an enduring testament to the living Medal of Honor recipients, and the only book endorsed by the Congressional Medal of Honor Foundation.

The 116 living recipients profiled in this book give pause to our busy lives and remind us to salute the true heroes -- our American Soldiers.

On May 14th, Medal of Honor recipients Jose Lopez, Robert O’Malley, Clarence Sasser and Michael Thornton will visit the post to share their stories and sign copies of this inspirational book. Lopez, O’Malley, Sasser and Thornton embody what the Medal of Honor represents: courage, sacrifice and valor. Their stories and those of all the patriots profiled in “Medal of Honor” will inspire Americans of all ages, and will honor our country’s 25.7 million veterans.

Presently, there are fewer than 135 living recipients of the Medal of Honor, our nation’s highest military honor, and that number is decreasing. To have four recipients together at one time is a rare and special event.

**Jose M. Lopez** was a sergeant on December 17, 1944,

when his unit was in Belgium. Suddenly, German tanks and infantry appeared and threatened to roll over them. Lopez positioned himself in a shallow ground hole with his heavy machine gun. Lopez successfully cut down a group of ten German soldiers and killed twenty-five more who were trying to turn his company’s flank. Lopez was knocked down by the concussion of an enemy shell but he quickly regained hold of his machine gun and joined fellow GIs setting up a defense. He fired from this position until he had used up all of his ammunition. At the end of the day, Lopez had single-handedly killed more than one hundred Germans, kept his company from being overwhelmed, and allowed reserve troops time to build a line that would repel the German drive. At 94 years-old, Jose Lopez is the oldest living Latino recipient of the Medal of Honor.

**Robert O’Malley** enlisted in the Marine Corps after graduating high school. He was a corporal when his battalion landed near the Vietnamese village of An Cu’ong on August 18, 1965. More than 1,200 hidden Vietcong began to mortar the Marines, immediately knocking out three tanks. When O’Malley saw that the enemy was firing from a trench line, he leapt into it and killed eight soldiers with his rifle and hand grenades. After aiding in the evacuation of several wounded Marines, he returned to the area of heaviest fighting and helped repel another assault. Acting on orders to evacuate, O’Mally was hit by mortar shrapnel in his legs, arm, and lung as he led the way to a helicopter landing zone. Despite his injuries, O’Malley lay down suppressive fire so that his men could board the chopper first. It took more than four months for the shrapnel in his lungs to stop shifting so that O’Malley could undergo a necessary operation. O’Malley was the first living Marine from the Vietnam War to receive the Medal of Honor.

**Clarence E. Sasser** was trained as a

medical aidman when he was drafted in 1967. Sasser experienced heavy fire for the first time on the morning of January 10, 1968, after a fleet of helicopters landed to help a downed chopper in the Mekong Delta of Vietnam. The Soldiers quickly fled their choppers and rushed toward cover from the attacking Vietcong. Within minutes, more than thirty men were down and crying for a medic. Sasser sprung into action, slithering through the muck to get from Soldier to Soldier, working as a medic on his belly because standing upright meant certain death. While he was tending to other Soldiers, Sasser suffered wounds from flying shrapnel and was hit in both legs by machine-gun fire. Using his arms to pull himself toward another wounded Soldier, Sasser stopped to direct a group of disoriented GIs to a dike, which would protect them while they continued to fight. Faint from blood loss and agonizing pain, Sasser continued to treat the wounded until 4 a.m. the next morning when evacuation was possible.

**Michael E. Thornton** enlisted in the Navy shortly after graduating from high school, went through Underwater Demolition recruit training, and became a member of the elite SEALs. On October 31, 1972, a five-man SEAL patrol was ordered to gather intelligence about enemy activity. Launched in a rubber boat at dusk, the SEAL patrol beached too far north when they were spotted on shore and began to take heavy enemy fire from more than fifty enemy soldiers. After a five-hour firefight, Thornton, acting on orders from Lieutenant Tom Norris, was heading back to the water when he learned that Norris was shot. Thornton charged back over open terrain to find two North Vietnamese soldiers standing over Norris’s body; Thornton killed them both. He lifted the officer, barely alive, onto his back and began to run back toward the water. An incoming round of U.S. naval gunfire knocked both men into the air and Thornton received a number of shrapnel wounds in his back. Picking up Norris again, he raced for the water, strapped Norris and another wounded SEAL onto his own body and painfully swam out to sea.

## Schedule of events for May 14 at FSH:

- 11 a.m. to 1 p.m., Booksigning at the Main Exchange
- 3:30-5 p.m., Panel Discussion, Questions and Answers, Booksigning at Blesse Auditorium

## Meet Medal of Honor recipients:

- Jose Lopez
- Robert O’Malley
- Clarence Sasser
- Michael Thornton

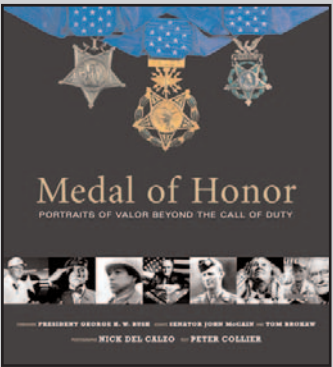






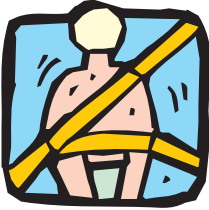
Photo by Rudy Flowers

**U.S. Army South welcomes new company commander**

Left to right, Capt. Jorge Arredondo relinquished command of Headquarters and Headquarters Company, U.S. Army South, to Capt. Christopher Boris, at a change of command ceremony. Col. Dan Meyer, center, Chief of Staff, U.S. Army South, was host for the ceremony held April 21 in front of old Brooke Army Medical Center.

**Why wear seatbelts?**

- Newer seatbelt design allows total freedom of motion while driving.
  - People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
  - The majority of all car accidents occur within 25 miles of home.
  - 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
  - In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting “knocked out” and greatly improve your chances of escape.
- Source: Fort Sam Houston Safety Office



TSP

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rank.

Administered by the Federal Retirement Thrift Investment Board, TSP was available only to civilian employees until October 2001, when the program was extended to active and reserve component service members, including the Coast Guard. The program also was extended to members of the Public Health Service and the National Oceanic and Atmospheric Administration.

Members of the National Guard and Reserve who are also federal civilians are allowed to have both a military and civilian TSP. “If you’re part of both work forces, you can have two different accounts,” Amelio noted. “And you can combine the accounts after you separate from either service.”

But Amelio said if TSP participants with military and civilian accounts exceed the IRS limit of \$13,000 before the end of the calendar year, the plan will return the

excess contributions. “It’s called an excess deferral,” Amelio noted.

The government gives matching funds to Federal Employees' Retirement System TSP participants. Uniformed services and Civil Service Retirement System participants normally don't receive matching funds, but the service secretaries can authorize matching funds for service members in critical military occupational specialties.

“FERS employees have a less lucrative defined benefit plan than does CSRS and the uniformed services,” Amelio explained. “So the TSP is intended to make up the difference for FERS participants.”

He also pointed out that CSRS and military participants are limited to contributing up to 9 percent of their base pay, while FERS members are allowed to contribute up to 14 percent of their base pay.

When service members leave active duty, they have several options. They can leave their money in TSP, allowing it to continue to grow, take a partial or full withdrawal, roll the money into another plan or an Individual Retirement Account, or purchase an annuity. They also could choose to make periodic distributions to themselves, Amelia said.

More than 220,000 uniformed service members signed up for TSP in 2002, the first year they were eligible. By December 2003, more than 390,000

people were investing in TSP.

“Participation numbers have been rising steadily since the plan was made available,” Amelio noted. “Today, we have about 410,000 members of the armed services participating. We’ve been putting a special focus with DoD on getting more and more armed service members to participate. So we’re very pleased that the numbers continue to go up, and DoD is helping us get the word out to the members.”

Amelio attributes the increase in participation to knowledge, familiarity and comfort.

“As members of the armed services become more familiar with TSP, the more they like it,” he said. “They find that it’s a wonderful saving program, easy to participate in, and doesn’t cost them anything. The more they talk to their colleagues in the armed forces about it, they become more comfortable about the plan, and they like it more and more. That’s why the participation is going up.”

TSP has investment funds, which vary in risk and investment mixture: government securities investment (G fund); fixed-income investment (F fund); common stock index investment (C fund); small capitalization stock index investment (S fund); and international stock index investment (I fund).

TSP enrollment can be done online through the MyPay Web site, or by completing a TSP enrollment form (TSP-U-1) and turning it in at the local pay or personnel office.

TSP Open Season now through June 30

Thrift Savings Plan contribution percentages or dollar amount changes can be done via Internet at <https://www.abc.army.mil> or via telephone at 1-877-276-9287. Allocations of your investment can be changed via computer at [www.tsp.gov](http://www.tsp.gov). Thrift Savings Plan is one of the best benefits we have as government employees with matching government contributions to the Federal Employee Retirement System. The Thrift Savings Plan is a vital part of your three-part retirement program (Thrift Savings Plan, Social Security, and Pension). The Office of Personnel Management has advised employees under FERS who do not actively participate in Thrift Savings Plan contributions can expect a retirement annuity at or below poverty level. The contribution limits are 14 percent for FERS and nine percent for CSRS employees.

# DoD working to speed up military mail system

**By Sgt. 1st Class Doug Sample**  
**American Forces Press Service**

Acknowledging that problems persist in the military mail system, Defense Department officials said they are taking steps to improve the process.

A report this month by the General Accounting Office, which oversees government agencies and spending, said long-standing problems with military mail delivery need to be resolved.

DoD is aware of the problem and is working to remedy it, said Charles S. Abell, principal deputy undersecretary of defense for personnel and readiness, in an interview with the American Forces Radio and Television Service.

“Mail is very important to our service members and their families, and thus it's very important to the Department of Defense and the leadership,” Abell said. “Every time we identify a glitch in the process, we move immediately to fix it.”

According to the GAO report, more than 65 million pounds of letters and parcels were delivered to troops serving in Operation Iraqi Freedom in 2003, and

problems with prompt and reliable mail delivery surfaced early on.

Congress and the White House forwarded more than 300 inquiries about mail delivery problems to military postal officials, the report said.

The GAO reported that Soldiers and Marines in Operation Iraqi Freedom were unhappy with mail service; almost 60 percent of 127 service members surveyed said they were “dissatisfied” with the timeliness of mail delivery.

Although a test of transit time for mail delivery by military postal officials showed that so-called “data test letters” arrived in theater within the wartime standard of 11 to 14 days, service members said their personal mail actually took much longer to reach them.

More than half of the surveyed Soldiers from Fort Stewart, Ga., and Marines from Camp Pendleton, Calif., said they waited four weeks or longer to get mail. Others commented that mail took as long as four months to work its way through the system, the report said.

Another 80 percent said they were aware of mail that was sent to them but

was not received while they were deployed. The nonreceipt of mail became a concern for friends and family back home, the report stated.

Abell said that during a recent visit to Iraq, he talked to commanders and Soldiers about mail delivery and found “generally good” reports.

He said slow delivery can be attributed to the sheer distance the mail has to travel to reach the theater and the remote locations of some units on the ground. Mail to Iraq is delivered either by tactical airlift, or along dangerous convoy supply routes from Kuwait and Bahrain.

“It takes a lot of logistical support to get the mail from ‘Mr. and Mrs. America’ to our units on the ground,” Abell said. “We’re working it, we’re watching the flow, and every time we can find a way to decrease the transit time, we act on it.”

Abell said stability in Iraq will help to ease some mail delivery problems, because “units aren’t moving around as much -- we know where they are and the logistical links to them to provide the mail.” DoD also increased the number

and size of military postal units in Kuwait and Bahrain, Abell said, which has helped to reduce transit times.

He noted that the mail will be especially important as election time approaches, with thousands of service members expected to request and mail in absentee ballots. To ensure that votes arrive in the mail on time, Abell said, deployed eligible voters should seek out their voting assistance officers to learn more about requirements to vote in their state, precinct, borough or locality.

“They have the materials and can help the individual go through the process,” he said.

Abell also urged overseas voters to request a ballot no later than the second week of September. He said absentee voters should mail their ballot on or before Oct. 20, so that “no matter where you are in our service overseas, your ballot will get to the right place by the time it needs to be there to be counted.”

He also advised family members sending mail to Iraq to use a current address, to print clearly and to include the proper postage.

# Defense Medical Logistics Program honored

James C. Reardon, chief information officer for the military health system, announced April 26, that the Defense Medical Logistics Standards Support program has been selected as one of the government’s top five quality software projects by a panel of government and industry judges.

This prestigious award honors the best government software capabilities and recognizes excellence in software development. DMLSS was selected for its software development practices based

upon customer value, performance, technical value, quality, and user satisfaction. This program provides automation support of reengineered medical logistics business practices and delivers a comprehensive range of materiel, equipment and facilities management information. The fully automated and integrated inventory and information management system enables the military services to meet their 21st century medical logistics needs.

“The DMLSS program office and the

joint medical logistics functional development center share this honor and recognition for excellence in their software development business practices, and that recognition is consistently echoed by satisfied customers and users of the DMLSS suite of software products,” said Reardon.

Col. Ralph Sees, director of the joint medical logistics functional development center, Fort Detrick, Md., accepted the award on behalf of the DMLSS program during the Systems and Software

Technology Conference in Salt Lake City, Utah, April 19-22.

The director of the acquisition resources and analysis Office of The Under Secretary Of Defense (Acquisition, Technology and Logistics), and “CrossTalk, the Journal of Defense Software Engineering” jointly sponsor this award.

For information about the Defense Medical Logistics Standard Support program, visit the Web site at <http://www.tricare.osd.mil/dmlss>.

## Preventive medicine milestone

**May 14, 1796, Edward Jenner confirms vaccination**

James Phipps is not a well-known figure in the history of medicine. He was eight years old in 1796 when he became the subject of Edward Jenner’s experiment showing that cowpox could confer immunity to smallpox. Jenner had noticed that milkmaids frequently got cowpox but not smallpox. His demonstration on master Phipps of “vaccination” (from the Latin for cow) is a milestone in preventive medicine. A safe and effective alternative to inoculation with active smallpox was not universally hailed, however.

Physicians who had established lucrative practices in inoculation dismissed Jenner’s work. A famous cartoon of the day showed tiny cow heads erupting from the arms of recipients of vaccination. The concept of preventive medicine was not widely accepted either. It was frequently denounced from the pul-

pit as “playing God” by preventing the natural control of population by disease.

Smallpox has a long and deadly history. Evidence of it has been found in Egyptian mummies. It had a devastating effect on the native population of the Americas who had no immunity in the 15th Century.

Control of smallpox was a military objective long before it became a public health issue. George Washington ordered inoculation against smallpox for the Continental Army in 1777. A year earlier, Benedict Arnold had to break off his siege of Quebec City in part because 900 of his 2,000-man force had contracted smallpox. The fates of Canada (and Arnold) might have been much different except for smallpox. Vaccination was ordered for the Army in 1812. Use by the Army contributed to the eventual acceptance of preventive medicine by the general public.

## AMEDD Museum offers adventures in public health for all ages

**By Phil Reidinger**  
**Fort Sam Houston Public Affairs**

In May, the Army Medical Department Museum will offer unique exhibits and programs that highlight special public health topics.

For more than 225 years the Army’s medical community has been among the leaders in preventive medicine.

Advances in military medicine have had a significant influence on civilian medicine since General George Washington ordered small pox inoculations for his troops.

In May, the museum will feature the world of bugs presented by the Army Medical Department Center and School Department of Medical Zoology. Exhibits will include a veterinary food analysis and diagnostic laboratory that

illustrates how food is tested for organisms that infect or damage the world’s food supply and affect human health. In addition, an aquifer system model will demonstrate how rain contributes to our drinking water supply.

In June, the Army Department of Medical History will present programs highlighting contributions to Public Health.

In July, the museum will focus on infectious diseases. Exhibits and programs will focus on tracing and combating diseases to prevent sickness and death around the world.

In August, the public health program series will close with exhibits and displays describing food and water supply safety and efforts to prevent bio-terrorism.

For information, call the museum director Tom McMasters at 221-6358.

## MEDCOM NCO and SOY Recognition Banquet May 20

U.S. Army Medical Command’s Noncommissioned Officer and Soldier of the Year Recognition Banquet will be held on May 20, 6 p.m. at the Fort Sam Houston NCO Club. The cost is \$23 per person and tickets may be purchased from the Army Medical Department Center and School and Brooke Army Medical Center command sergeants major or their designees. Tickets are limited, so purchase them early.



# FSH Commissary and BOSS launch awareness Campaign

Soldiers be aware, the Fort Sam Houston commissary waits for you! The kick off for the 2004 Commissary Awareness Campaigns begins May 11, 11:30 a.m. to 1 p.m. in the commissary lot next to Wilson Road.

The Fort Sam Houston Better Opportunities for Single Soldiers program in partnership with the Defense Commissary Agency will host the Commissary Awareness Campaign in and effort to familiarize single Soldiers with the post commissary.

Although it has been long perceived by single Soldiers that the commissary is strictly for military families, retirees and their families, this event hopes to dispel this myth.

Many great values await the single Soldiers at the commissary during the campaign. After the

initial kickoff on May 11, the BOSS program and commissary employees will conduct tours of the commissary on May 12, 14, 24 and 28, 8 a.m. and noon each day. The tours last approximately 30 to 45 minutes. Military units are encouraged to send their Soldiers to these tours. Each Soldier will receive a free gift bag and be eligible to win a \$25 gift certificate at the end of each tour. After the campaign, a Soldier who took the tour will be selected to win a grand prize of \$250 gift certificate to the AAFES Clothing Sales store.

Visit the FSH Commissary and join the fun. Take the opportunity to win some prizes and find out about the food items and prices available at the FSH Commissary. For information, call Staff Sgt. Edward Castro, FSH BOSS president at 221-8760 or call the FSH Commissary at 221-4678.



**Akeroyd Blood Donor Center  
Brooke Army Medical Center  
Monday - Friday  
7:30 a.m. to 3 p.m.  
295-4655 or 295-4989**



# Post begins Asian Pacific Islander American Heritage month long celebration

Maj. Gen. Joseph F. Peterson, vice director for Operations, J-3, the Joint Staff, Washington, D.C., will be the keynote speaker for the Asian Pacific Islander American Heritage Month opening ceremony and luncheon on Thursday, May 6, 11:30 a.m. to 1 p.m. at the Fort Sam Houston NCO Club. Tickets are \$10 per person and may be obtained through the unit’s Equal Opportunity representative.

Peterson received his commissioned through the ROTC program November 1972. His military education includes Armor Officer Basic and Advanced Courses, U.S. Army Command and General Staff College, and U.S. Army War College.

He earned a bachelor’s degree in economics from Santa Clara University and a MBA, Comptrollership from Chaminade University, Honolulu, Hawaii.

He was promoted to major general January 2003 and was assigned as Vice Director for Operations, J-3, The Joint Staff in Washington, D.C., September 2003.

His distinguished military assignments include the following:

May 1973 - Nov. 1974, Battalion Motor officer, later Scout Platoon leader, 2d Battalion, 60th Infantry, 9th Infantry Division, Fort Lewis, Wash.

Nov. 1974 - May 1977, Executive Officer, B Company, later S-3 Air, later commander, Combat Support Company, 2d Battalion, 77th Armor, 9th Infantry Division, Fort Lewis, Wash.

May 1977 - March 1978, Student, Armor Officer Advanced Course, U.S. Army Armor School, Fort Knox, Ky.

March 1978 - May 1979, Commander, B Company, 2d Battalion, 72d Armor, 2d Infantry Division, Eighth U.S. Army, Korea

May 1979 - Sept. 1980, Student, Chaminade University, Honolulu, Hawaii

Sep. 1980 - July 82, Resource Review officer, Office of The Adjutant General, U.S. Army, Washington, D.C.

July 1982 – July 1983, Staff officer, Office of the Deputy Chief of Staff for Operations and Plans, U.S.



Maj. Gen. Joseph F. Peterson

Army, Washington, D.C.  
July 1983 - July 1984, Action officer, Plans, Programs and Budget Analysis for the Command, Control and Communications Systems Directorate, J-6, The Joint Staff, Washington, D.C.  
July 1984 - June 1985, Student, U.S. Army Command and General Staff College, Fort Leavenworth, Kan.  
June 1985 - Dec. 1986, Deputy Inspector General, 3d Infantry Division (Mechanized), U.S. Army Europe and Seventh Army, Germany  
Dec. 1986 - July 1987, S-3 (Operations), 1st Battalion, 64th Armor, 3d Infantry Division (Mechanized), U.S. Army Europe and Seventh Army, Germany

July 1987 - April 1988, Executive officer, 1st Battalion, 69th Armor, 3d Infantry Division (Mechanized), U.S. Army Europe and Seventh Army, Germany

April 1988 - April 1989, S-3 (Operations), 2d Brigade, 3d Infantry Division (Mechanized), United States Army Europe and Seventh Army, Germany

April 89 - April 90, Aide-de-Camp to the Supreme Allied Commander Europe, Supreme Headquarters Allied Powers Europe, Belgium

April 90 - May 91, Staff officer, Arms Control Branch, Supreme Headquarters Allied Powers Europe, Belgium

June 1991 - July 1993, Commander, 2d Battalion, 35th Armor, 4th Infantry Division (Mechanized), Fort Carson, Colo.

July 1993 - June 1994, Student, U.S. Army War College, Carlisle Barracks, Pennsylvania

June 1994 - May 1996, G-3 (Operations) and Director for Plans, Training and Mobilization, 4th Infantry Division (Mechanized), Fort Carson, Colo.

June 1996 - April 1998, Commander,

3d Brigade, 1st Armored Division, Fort Riley, Kan.  
April 1998 - July 1999, Deputy Chief of Staff for Resource Management, U.S. Army Training and Doctrine Command, Fort Monroe, Va.  
July 1999 - June 2000, Assistant Division commander (Support), 3d Infantry Division (Mechanized), Fort Stewart, Ga.  
June 2000 - July 2001, Assistant Division commander (Maneuver), 3d Infantry Division (Mechanized), Fort Stewart, Ga.  
July 2001 - Aug. 2003, Commanding General, 1st Cavalry Division, Fort Hood, Texas  
His awards and decorations include: Distinguished Service Medal, Legion of Merit (with 2 Oak Leaf Clusters), Defense Meritorious Service Medal, Meritorious Service Medal (with 4 Oak Leaf Clusters), Army Commendation Medal (with Oak Leaf Cluster), Joint Service Achievement Medal, Army Achievement Medal (with Oak Leaf Cluster), Joint Chiefs of Staff Identification Badge and the Army Staff Identification Badge.



### Fort Sam Houston Asian Pacific Islander American Heritage Month

“Serving Yesterday, Today and Tomorrow”



#### Opening Ceremony & Luncheon

Guest Speaker: Maj. Gen. Joseph F. Peterson  
FSH NCO Club; \$10 per person  
May 6, 11:30 a.m. to 1 p.m.  
See your unit EO Representative for tickets



#### Asian Pacific Heritage Exposition

Commissary Parking Lot  
May 29, 11 a.m. to 5 p.m.  
Dance, Fashion, Martial Arts & More!



#### Volleyball Tournament

Jimmy Brought Fitness Center  
May 15, 8 a.m. to 5 p.m.  
For team registration, call 221-1234.

**\*For additional information about all events, call 221-9276.**



# AFTB Level II Courses, May 6-8

The Fort Sam Houston Army Family Team Building will hold Level III courses on May 6-8 at the Roadrunner Community Center.

The times will be as follows: May 6, 5:30-9 p.m., May 7, 5:30-9 p.m., and on May 8, 8:30 a.m. to 5 p.m. All three sessions must be attended to complete the course.

Classes included in Level III: Building Self-Esteem, Leadership Skills, Motivating Factors, Listening Skills, Personality Traits, Leader Roles, Building a Cohesive Team, How to Develop Presentations, Understanding the Total Army Organization, How to Plan and Conduct a Workshop, Political Issues and the Army, Group Conflict Management, Effective Public/Media Relations, Problem Solving Techniques for Leaders.

Snacks and drinks will be provided Thursday and Friday. Students may bring a sack dinner to class those nights. Snacks, drinks, and lunch will be provided Saturday. Registration deadline is April 30. To register, call AFTB at 221-2705.



## Waiting Family Support Group to meet May 4

The Waiting Family Support Group will meet on May 4, 6:30-7:30 p.m. at the Roadrunner Community Center. This group is designed to assist families who are temporary separated from their sponsors due to temporary duty assignments or deployments.

The topic will be “Coping with Separation” by Chaplain Gail Porter. To register, call the Relocation Program at 221-2418.

# Family Readiness Groups Leadership Team Workshop

May 14, 8 a.m. to 4 p.m. at the Roadrunner Community Center

This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG leaders, and any other unit representative with an interest in family readiness. The material presented in the workshop is from the Operation READY program developed by The Texas Cooperation Extension of Texas A&M University under contract with Headquarters, Department of the Army, Community & Family Support Center, and Army Community Service.


### Agenda

8-8:30 a.m.	Registration
8:30-9:15 a.m.	Introduction/FRG Overview
9:15-10 a.m.	Leadership for Effective FRGs
10-10:10 a.m.	Break
10:10-10:40 a.m.	Building Your FRG - Getting Started
10:40-11:20 a.m.	Building Your FRG - Volunteers
11:20-11:45 a.m.	Building Your FRG - Making Contact
11:45 a.m. to 12:30 p.m.	Lunch
12:30-1:15 p.m.	Running the FRG - Communications
1:15-1:45 p.m.	Running the FRG - Special Events
1:45-1:55 p.m.	Break
1:55-2:30 p.m.	Running the FRG - Money Matters
2:30-3 p.m.	Running the FRG - JAG
3-3:30 p.m.	The FRG - Bringing it All Together
3:30-3:50 p.m.	Workshop Wrap-up
3:50-4 p.m.	Certificates

**Note:** Pre-registration is required and class size is limited. For reservations and information, call the Mobilization & Deployment Office in ACS at 221-2705. The next scheduled workshops are June 11 and July 16.

Neanderthal Trail Run


Camp Bullis, Texas




Date: 03 May 04

Time: 0630

Pre-register by: 27 Apr 04





Sponsored by:  
Echo Company  
Academy Battalion

Run will start at 0630. Staging area will be located at Bldg 5130 Echo Company, Camp Bullis. The course is 5.2 miles of rugged off-road terrain full of challenging and demanding trails. Arrive early for stretching. The uniform will be the new PFU's, IAW AR-620-1. Unit T-shirts and guidons welcomed. Running attire for DA employees. Personal hydration systems are authorized. Event is open to all active duty Army, Air Force, Navy, Marine, and DA employees.\*

Wilkerson RD

Start / End Point

Motor Pool

Camp Bullis Gate

Military Hwy

1604 Loop

For more information or to register call:

SGT Cervantes @ 210-295-7680

Martin.Cervantes@amedd.army.mil

Name

Address

Unit

Phone

Sex

Age on race day

\* DA employees must sign waiver for release of liability see attached sheet.

Building 5130

Camp Bullis, TX 78234

Phone: 210-295-7680

Fax: 210-295-8024

# FSH Veterinary Clinic to hold Saturday vaccination clinic for dogs and cats

The Fort Sam Houston Veterinary Clinic, Bldg. 2635 announces a Saturday vaccination clinic for dogs and cats on May 1, 8 a.m. to noon. In accordance with Army Regulation 40-905, legal owners must be present with a valid DEERS Identification Card to receive services for their pets, or present a power of attorney and copy of owner’s ID Card. For more information, call 295-4260.

# Support the troops, join the USO San Antonio’s Walk for the Troops

The USO is looking for a few good men and women to take part in the 2nd annual Walk for the Troops on Saturday, May 1, 8-11 a.m. at the Verizon Wireless Amphitheatre. Citizens from all across the Alamo and central Texas area will show their dedication to the local troops as they participate in this 5K walk/run. Both individual and teams are encouraged to get involved and each participant will receive refreshments and an event T-shirt for a \$10 registration fee. To pre-register, call or sing up with the USO, or register the morning of the event from 7-8 a.m.

Each year, the USO serves more than 104,800 military personnel all across the

United States by providing all branches of our military with assistance, from family support to entertainment. The USO Council of San Antonio and central Texas is a non-profit organization dependent on the generosity of United Way/CFC campaigns, individual, civic and corporate donations. To find out more information about donating to your USO, visit [www.alamouso.org](http://www.alamouso.org).

Proceeds from the walk will be used to fund USO programs for service members and their families in the San Antonio and central Texas area. For more information or to pre-register, call the USO at 227-9373, ext. 14, or e-mail [loriivymarx@alamouso.org](mailto:loriivymarx@alamouso.org).

# Celebrate Military Spouse Day, May 7

Make your plans now to recognize the efforts of military spouses this year on Military Spouse Day, May 7. Military Spouse Day provides an opportunity to focus on the valuable contributions military spouses make to our nation.

The first Military Spouse Day was observed May 23, 1984, when a proclamation signed by President Ronald Reagan recognized the con-

tributions of military spouses to the spirit and Well-Being of our Soldiers and the general welfare of the communities in which they live.

Unit representatives are asked to come by the Roadrunner Community Center front desk and pick up Certificates of Appreciation for their spouses. For information, call Kerry C. Dauphinee at 221-2705 or 221-2418.

# What is HOOAH 4 HEALTH?

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 46 million hits have been recorded.

The users of [www.hooah4health.com](http://www.hooah4health.com) include not only Reserve Component citizen-soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army web site originate from around the world. Body, mind, spirit, environment, prevention, change, family and lifestyle are the primary wellness topics contained in a user-friendly environment. The HOOAH 4 HEALTH newsletter is available online at <http://www.h4hnewsletter.us/>.



# Post-deadline income tax considerations

By Capt. Mary E. Meek  
Special to the News Leader

The Fort Sam Houston Tax Assistance Center closed its doors April 16 for the 2003 filing season. This tax season, the Tax Assistance Center prepared over 3,800 federal and state income tax returns for Soldiers, retirees and family members in the Fort Sam Houston community.

Tax Assistance Center clients received a total refund amount of over \$4,000,000, a substantial increase over last year due in part to the tax effects of combat zone service, and increased child tax, lifetime learning, and childcare credits. While preparation and electronic filing are free at the Tax Center, taxpayers would have paid over \$536,000 using commercially available services.

In the hopes of ensuring that the Tax Year 2004 filing season is as successful as the 2003 tax season, taxpayers are urged to start doing some tax planning for next year.

The following information should serve as a helpful guide:

**Pay-As-You Go** - The federal income tax is a pay-as-you-go tax. Taxpayers must

pay the tax as they earn or receive income during the year. There are two ways to “pay as you go.” If you are an employee, your employer probably withholds income tax from your pay. Tax may also be withheld from other income such as pensions, bonuses, commissions and gambling winnings. If you do not pay tax through withholding, or do not pay enough tax that way, you might have to pay estimated tax.

People who are in business for themselves or who do not have tax withheld from other sources of income generally will have to pay estimated taxes. You may have to pay estimated tax if, for example, your receive income such as dividends, interest, capital gains, rents and royalties. Estimated tax is used to pay not only income tax, but self-employment tax and alternative minimum tax as well.

There are five ways to pay estimated tax: by crediting an overpayment on your 2003 return to your 2004-estimated tax; by sending in your payment with a Form 1040ES payment voucher; by paying electronically or by electronic funds withdrawal and by credit card. For additional information, refer to IRS Publication 919 “How Do I Adjust My Tax Withholding?” and

Publication 505 “Tax Withholding and Estimated Tax.” They are available at [www.irs.gov](http://www.irs.gov) or by phone at 1-800-829-3676.

**Adjust For Personal or Financial Changes** - Taxpayers should check their withholding or estimated tax payment amounts if there are personal or financial changes in your life or changes in the tax law that might change your tax liability. Some events in your life that are likely to affect your tax liability are as follows:

- Lifestyle Changes - marriage, divorce, birth or adoption of child, loss of an exemption, purchase of a new home and retirement;
  - Wage Income - You or your spouse start or stop working or start or stop a second job;
  - Increased or decreased income not subject to withholding - rents, capital gains;
  - Increased or decreased adjustments to income - IRA deduction, alimony expense;
  - Increased or decreased itemized deductions or tax credits - medical expenses, taxes, interest expense, gifts to charity, job expenses, and education credit.
- The earlier in the year you check your

withholding or estimated payments, the easier it is to get the right amount of tax paid. You should try to have your withholding or estimated tax match your tax liability. If not enough is paid in; you will owe not only the tax but also possibly penalty and interest. If too much tax is paid in, you will lose the use of the money until you get your refund. You adjust your withholding by submitting a new Form W-4 to your employer.

**Tax Assistance Still Available** - The FSH Tax Assistance Center is closed for the 2003 tax year. Be sure to watch the Newsleader in January for hours and location of the 2004 Tax Assistance Center. If you need forms or information before that time, you may go to [www.irs.gov](http://www.irs.gov) for federal tax information or [www.taxesites.com/state.html](http://www.taxesites.com/state.html) for state tax information, or contact the FSH Legal Assistance Office.

The FSH Legal Assistance Office is located on Stanley Road in Suite 134. The Legal Assistance Office helps clients on a walk-in basis Monday, Thursday and Friday, 9-11 a.m., with priority going to active duty in uniform. Appointments may be scheduled by calling 221-2282.

## FSH Office of the Staff Judge Advocate celebrates 2004 Law Day

Law Day is a national event, held on or around May 1 every year, designed to remind Americans of our heritage of liberty under law and alert them to the role that they play as citizens in protecting and preserving our freedoms. Law Day 2004 will celebrate the 50th anniversary of the Supreme Court’s 1954 ruling in Brown v. Board of Education. The decision brought an end to the legal doctrine of “separate but equal,” enshrined by the same court nearly sixty years earlier in Plessy v. Ferguson. By commemorating the Court’s decision in Brown, Law Day can help illuminate the meaning of equality in our democracy and the role of law, advocates, and courts in establishing and protecting our rights.

To celebrate Law Day, The Office of the Staff Judge Advocate will be holding the following events:

**Cinderella v. Estate of Padre Mia**

**Tremaine, Mary 3** - Cinderella has her day in court at Fort Sam Houston Elementary, JAG Officers will perform a mock trial, Cinderella v. Estate of Padre Mia Tremaine, on Monday May 3, 2004, at the FSH Elementary School. In the mock trial, Cinderella, now a princess is suing her wicked stepmother for back wages. Attorneys will be on hand after the mock trial to discuss the case with the students and answer their questions regarding the practice of law.

**5th Grade Students Poster Contest** - Fifth Grade students at FSH Elementary School will compete in a poster contest during the month of April. The topic of the poster contest, “What is the meaning of equality in the U.S.?” will allow students the opportunity to express creativity in their creation.

Several JAG Officers will judge the event and certificates will be awarded to the winners. All participating posters will be displayed at the Commissary.

**Cole High School Seniors Participate in People v. Andrew Madison Mock Trial** - Cole High School seniors will participate in a mock trial, People v. Andrew Madison. The defendant in the mock trial is an 18-year-old student is suspected of disorderly conduct and truancy. Students will play the roles of prosecutors, defense attorneys, witnesses, bailiff, and jury members. JAGs will be on hand to prepare and assist the students during the mock trial as well as answer their questions about the

judiciary system following the event.

**2004 Ultimate Football Game, April 30** - OSJA will host an ultimate football match for PT on April 30, 7 a.m. in front of Bldg. 134. A light breakfast will follow in the courtroom of Bldg. 134. All individuals affiliated with a JAG Office are invited to attend. For information, call 221-2282.

**2004 Law Day Golf Tournament, April 30** - OSJA will host a golf tournament at the FSH Golf Course on April 30, 1 p.m. All individuals affiliated with a JAG Office or other local legal offices are invited to attend. For information, call 221-2282.

# Focus: Strategic Communications leverage Army Story

By **Spc. Lorie Jewell**  
**Army News Service**

This is the eighth in a series of weekly articles that will examine the 17 Army focus areas as outlined by the Chief of Staff of the Army Gen. Peter Schoomaker. This one highlights “strategic communications.”

A Soldier tucks a plastic card displaying the Soldier’s Creed and the Army values into his wallet.

At a school career fair, students pick up a brochure that describes our Army at war, and how it remains relevant and ready while moving from the current to future force.

An action-filled video plays on a television screen, showing the Army’s new Stryker infantry carriers on the move.

A senior leader tells the Army story to an audience of executives at a corporate function; a young sergeant shares his take on force stabilization at the family dinner table.

A grandmother surfing the web clicks on the Army’s Web site to learn more about her granddaughter’s new duty station.

From small, ordinary gestures and everyday conversations to eye-catching promotional materials and tactical speeches, strategic communications is the method by which the Army delivers its messages to those in and out of uniform. It’s one of 16 focus areas Army leaders have developed as a means for strengthening efforts to win the Global War on Terrorism.

“It’s about communicating to our audience what’s going on in the Army, and explaining it terms or concepts people can understand, so that they can be a part of achieving the goal,” said Col. Nelson McCouch, who heads the strategic communications division in Office of the Chief of Public Affairs. “They can’t support something if they don’t know anything about it.”

For example, a Soldier may hear the term “force stabilization” and, having read about it in a post newspaper, may

understand it in more simple terms as “my family and I will stay in one place for longer periods of time.”

“Expeditionary mindset” could translate into “I’m ready to go anywhere you need me to go, at any time, because I know I am well trained and my family is well taken care of.”

The role of OCPA’s strategic communications is to develop and implement plans for getting internal and external media to support the Army’s campaign plan with articles that explain what’s going on, McCouch said.

There are two other ‘legs’ that support the effort to disseminate information – the Office of Congressional Legislative Liaison and the Office of Strategic Communications. OCLL’s strategic communications team is responsible for making sure the Army’s messages are delivered to legislators on the hill in a timely fashion, said Col. Wayne Sauer, who heads that office.

“The Army wants Congress to know what’s going on so they can do something about it during the congressional cycle,” Sauer said.

That involves working closely with congressional staffers. If legislators have questions on the Army budget, for example, OCLL makes sure they get answers. When newsworthy events happen -- the Army’s Comanche program being canceled, for instance -- OCLL makes sure Congress knows about it before reading it in the newspaper, Sauer added.

“If they read something in the newspaper and the information doesn’t match up, they already have our data on it,” Sauer said.

In the Office of Strategic Communications, the mission to deliver the Army story is similar to OCPA. Whereas OCPA focuses informing Soldiers, family members and the public at large through the media, STRATCOM’s audience is expanded to target senior Army leaders -- active and retired -- business and social executives, and academic and think-tank representatives.

“We are trying to instill a culture of engagement so that everyone at all levels tells the Army story the same way,” said Patti Benner, STRATCOM director.

Benner’s department works to develop long-term themes and messages, and how to deliver them over time periods that range from months to five years. OCPA focuses more on getting information out according to daily and weekly news cycles, McCouch said.

How messages are delivered by OSC falls to its outreach program, headed by Kay Stephenson. The program is tasked with building and strengthening relationships with national security decision makers or those with influence; the private sector and not-for-profit organizations; and academic institutions and communities. Its mission also involves providing information to the Army family.

Anyone who gets the Army message, understands it, supports it and passes it along, in essence becomes a partner with the Army, Benner and Stephenson said.

“We are arming our Army ambassadors,” Benner said.

As technology continues to drive everyday life, the Internet proves to be a reliable tool for giving Soldiers, their families and friends, and the general public anything they could possibly want or need to know about the Army, where it’s heading and how it plans on getting there, said Lt. Col. Mark Wiggins, director of the Army’s Web page (www.army.mil) and senior leaders’ page, accessible to select personnel through Army Knowledge Online. The web site operates under the STRATCOM umbrella.

“Whatever has been released to the public, it’s on the Web site,” Wiggins said. “It’s the place all of our audiences come to read about the Army.”

Careful thought goes into how all of that information is presented. This is a nation at war, so the main stories and photos will reflect that,

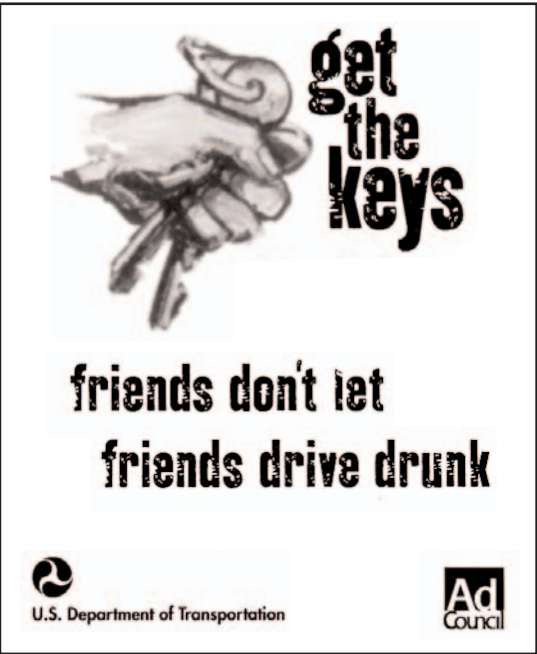
Wiggins said. The lead photo will have a Soldier in it. Every effort is made to portray the joint effort of the war. Wiggins is proud of the fact that there are links to each of the other service branches on the home page of the Web site.

The Army has had a presence on the Internet since 1995. The site was last overhauled in 2001, around the same time the “Army of One” brand was introduced. It averages just over 4 million hits a month from more than 140 countries, he said.

“We pay close attention to third-party evaluations and we are routinely ranked in the top 1,000 Web sites in the world,” Wiggins said. “When you have a global audience, you can’t help but be strategic.”

The ultimate success of strategic communications relies on all three departments working together to synchronize their efforts, officials said.

“The good news story in all of this is that with strategic communications, we have the methodology and plans to communicate to Army leaders, the Hill and the public what their Army is doing for America,” Sauer said. “And that we’re doing it in a very succinct and timely fashion.”





# Deployed troops step up anti-malaria protections

By Donna Miles  
American Forces Press Service

It’s peak mosquito season in Iraq, and U.S. troops deployed in support of Operation Iraqi Freedom are taking steps to protect themselves against malaria.

The high-risk season for malaria in Iraq runs from April 1 through Nov. 1, according to Army Col. Fredric Plotkin, preventive medicine and force health protection officer for U.S. Central Command headquarters at MacDill Air Force Base, Fla. The highest-risk areas are in the northern, eastern and southeastern provinces, Plotkin said.

Baghdad and much of western Iraq are malaria-free.

The high-risk period for malaria in Afghanistan runs from March through November, and malaria is a high risk year-round in the Horn of Africa.

Service members in high-risk areas are required to take anti-malarial medication. The type of drug prescribed varies depending on the region, based on the malarial strain present, Plotkin said.

Chloroquine, the drug most commonly prescribed to service members in Iraq, requires only a weekly 500-miligram tablet and has fewer side effects than other anti-malarial drugs, Plotkin said. Other anti-malarial drugs frequently used by deployed U.S. service members are mefloquine and doxycycline. These drugs generally are used in areas where malaria is resistant to chloroquine or for service members who can’t take chloroquine.

Although U.S. Central Command issues general guidelines about how anti-malarial drugs are prescribed, Plotkin said unit surgeons on the ground are authorized to tailor these guidelines based on local conditions.

Use of anti-malarial drugs continues for four extra

weeks after the exposure to malaria, Plotkin said, to ensure that malaria parasites are cleared from the blood. In addition, service members take primaquine for two weeks to kill any malaria parasites in the liver, he said, adding that a blood test is required before primaquine is prescribed.

Anti-malarial drugs serve as a second line of defense in the event that other protective measures fail, Plotkin said.

These measures include using an insect repellent containing DEET (diethylmethylnolamide) on exposed skin, blousing pants into boots, wearing sleeves down, treating uniforms with permethrin and sleeping under a permethrin-treated bed net, he said.

These measures also protect service members against other insect-borne diseases, such as leishmaniasis, for which anti-malarial drugs are not effective, Plotkin said.

According to an Army message issued to the field in November, no cases of malaria have been reported among coalition troops in Iraq, and encountering a strain of malaria that is resistant to chloroquine is considered to be unlikely in Iraq.

Malaria is a major health problem in tropical climates, with an estimated 500 million new cases causing at least 1 million deaths every year.

Malaria usually is fatal in only the very old, very young and those with weakened immune systems, officials said.

Symptoms of malaria include a slow-rising fever that lasts several days, followed by shaking chills and rapidly increased temperature. Victims often feel malaise and suffer headache, nausea and profuse sweating. Plotkin said the cycle of chills, fever and sweating typically repeats itself every one to three days.

Plotkin said malarial symptoms may appear long after a service member has redeployed from the affected region. For this reason, he said, service members are counseled to advise their doctors that they served in an area where malaria was present if they develop a flu-like illness within a year or so after redeploying.

## Health Promotion Center May Class Schedule

Class	Date	Time
Tobacco Cessation “Readiness to Change”	3	7:30-9 a.m.
Cholesterol and Lipids	3	8:30-11:30 a.m.
Tobacco Cessation “Readiness to Change”	3	11a.m. to 12:30 p.m.
Diabetes Education	3	12:45-4:30 p.m.
Diabetes Education	4	12:45-4:30 p.m.
Tobacco Cessation “Readiness to Change”	4	5-7 p.m.
Office Yoga	5	Noon to 1 p.m.
Tobacco Cessation “Readiness to Change”	6	2-4 p.m.
Introduction to Weight Reduction	7	Noon to 1:30 p.m.
Breastfeeding Support Group	7	1-2:30 p.m.
Cholesterol & Lipids	10	8:30-11:30 a.m.
Diabetes Education	10	12:45-4:30 p.m.
Diabetes Education	11	12:45-4:30 p.m.
Stress Management	11	1-2 p.m.

**Note:** Appointments for Diabetes Education are scheduled through the Internal Medicine Clinic at 916-0794. Appointments for the Fibromyalgia Treatment Group require a consult to Behavioral Medicine Clinic. To schedule Winning Combination and Introduction to Weight Reduction, call the Nutrition Care Division at 916-5525. To schedule Back Pain, call Physical Therapy at 916-3247.

# Be cautious of West Nile Virus and dead birds

West Nile virus has been identified in more than 125 native bird species found dead in the United States. The infected birds, especially crows, are known to get sick and die from the infection. Consequently, they provide a barometer for us to detect WNV activity in the area. Knowledge of positive birds in your area allows for more targeted surveillance and possible control activities. It is important to note that a single dead bird in your yard or at your work place does not mean it died of WNV. Window kills and domestic cat kills are still the main cause of bird deaths around our homes and communities.

The Department of Preventive Medicine program for WNV relies on citizens to report dead birds seen around their property or elsewhere. Birds exhibiting unusual behavior suggesting illness (lethargy, falling out of trees, difficulty flying, etc.) should also be reported. There is no evidence that handling dead birds can transmit WNV. However, because wild birds may carry diseases that are contagious to humans, proper precautions should be taken before handling sick, injured, or dead wildlife. If you must handle a dead bird, wear nonporous gloves that can be

either disposed of or sanitized with bleach. You should take the following steps when you see a dead/dying bird:

- Make sure the bird is recently dead (less than 24 hours) and not decomposing (no maggots)
- Call the Department of Preventive Medicine Entomology Service at 295-2742/2506 to report a dead bird. If the bird is suitable for testing, someone will pick it up. Birds not suitable for testing will be referred to installation grounds management for disposal.
- Take note of the exact location, condition, and type of bird (color or species) The most commonly affected species in this area are Blue Jays, Crows and other similar black birds such as Grackles. See <http://www.tdh.state.tx.us/zoonosis/diseases/Arboviral/westNile/samples/grackle.asp> for a description of common Texas “black-birds.”

## Robert G. Cole Jr./Sr. High School Honor Roll

The following Robert G. Cole students have attained academic success for the fifth six weeks of the 2003-2004 school year:

<b>‘A’ Honor Roll</b> (Grade of 90 or higher in all classes)	
<b>7th Grade</b> Akaia Brown Kelsey Charlton Kara Kahue Alexandra Mazak Stefan McCarver Kathryn Rarig	<b>11th Grade</b> Scott Gibson
<b>8th Grade</b> Carla Cartagena Jennifer Gibson Katherine Teeter	<b>12th Grade</b> Michael Biggerstaff Brandon Childers Jovan Ebaloroza Ciara Goodwin Ashley Mullins Cathleen Waring Cyrelle White
<b>9th Grade</b> Michelle McClendon	
<b>10th Grade</b> Amy Rarig Steven Rhodes	
<b>‘A/B’ Honor Roll</b> (Grade of 80 or higher in all classes with at least one grade of 90 or higher)	
<b>7th Grade</b> Ramon Alvarez-Diaz Samantha Cherry Samantha Collins Kassandra Conard Catherine Davis Brandi England Danielle Gosch Casey Gresenz Kara Kahue Alexander Kaminski Joshua McMillie Thomas Polk Angellette Sattiewhite Christopher Sawyer Peter Simpkins	Beatrice Langford John Luciano Dajuon Mobley Leah Morris Matthew Newcomer Benjamin Reitstetter Christopher Robinette Victor Rosello Sara Salisbury Jaimie Siegle Israel Tovar Jason West
<b>8th Grade</b> Monique Bradley Thomas Conard Brandy Godfrey Christina Gonzales Benjamin Guerrero Lindsey Hatton Preston Hoffman Jamell Huaracha Shaniqueia Johnson Bethany Langford Wesley Lavender Jordan Maney Patrick Newcomer Arielle Orridge Morgan Peterson Dustin Reitstetter Camille Richardson Andrew Santee Jennifer Sees Kennisha Sharp Chris Swiderski Franklin Thompson	<b>11th Grade</b> Jonathan Brown Sarah Caouette Benjamin Carter Sean Chislett Bjoern Goedelt Stephen Kaminski Ashley Kelley Caitlyn McCoole Ashley Nieves Antonio Pena, Jr. Carlos Rodriguez Jonathan Simpkins Chan Na Sok Tara Trepkowski Donnell Weary Nadine Willis
<b>9th Grade</b> Roy Aviles Ryan Boyles Sarah Clark Tiara Ellison Julisa Farris-Dillard Brendan Ford Robert Hewitt Jasmine Huling Jessica Hunter Arvin King Lionel Lowery III John Millnik Lisa Nieves Stephanie Rivera Melissa Velez Chelsea Woodard Jacob Young	<b>12th Grade</b> Peyton Bell Jose Burgos Martin Carpenter Tasha Carr Marschelle Cochran Billy Collins Amanda Collyer Mekel DeGroff Allie Dochnal Sean Greszler Denny Harris, Jr. Lesleigh Hayes Charissa Kahue Ashley Lane Monique Lane Craig Lott Megan Loucks Drew Meilinger William Meir Jared Morris David Parker Daniel Philbrick Mallory Plasentillo Jonathan Santee Molly Sawyer Kenneth Simmons David Talamantez Alonso Velarde Melissa Velez
<b>10th Grade</b> Amanda Bray Constance Davis Robert Dillard, Jr. Caitlin Gresenz Shaunteia Johnson Stephen Lagutchik	



# Officer Christian Fellowship Bible Study May 7

Maj. Gen. Robert L. Van Antwerp, president, Officer Christian Fellowship, and commanding general, Maneuver Support Center and Fort Leonard Wood, and commandant, U.S. Army Engineer School, Fort Leonard Wood, Mo., will be the guest speaker at the Officer Christian Fellowship Bible Study on Friday, May 7. Join the group for dinner at 6 p.m. at the home of Lt. Col. Bob Griffith, 1008 Gorgas Circle, and then hear Maj. Gen. Van Antwerp speak at 7 p.m.

For information, call Lt. Col. Griffith at 226-1295 or e-mail thegrifgang@cs.com or call Chaplain Schlichter at 221-1968 or e-mail at david.schlichter@cen.amedd.army.mil.



# DivorceCare offers help during difficult times

Chaplain Family Life Center in partnership with Army Community Services Family Advocacy Program will offer a series of courses addressing divorce issues called DivorceCare: Coping With Change, Separation and Divorce. The two six-week series begins May 4, 11:30 a.m. to 1 p.m. at the Roadrunner Community Center, Bldg. 2729. Attend one or both series. For more information, call ACS Family Advocacy Program at 221-2418/2705. Classes are open to all I.D. cardholders and DoD civilians.

# Mothers Day Catholic worship outdoor service at the FSH Quadrangle

The Fort Sam Houston Post Chapel Office will conduct a community wide Mothers Day Catholic worship outdoor service on Sunday, May 9, 9:30 a.m. at the historic FSH Quadrangle.

## Post worship schedule

**Main Post Chapel**, Bldg. 2200, phone number: (210) 221-2754.

**Catholic Services:**

- 4:45-5:15 p.m. - Confessions - Saturdays
- 5:30 p.m. - Mass - Saturdays
- 9:30 a.m. - Mass - Sundays
- 11:30 a.m. - Mass - Weekdays

**Protestant Services - Sundays:**

- 8 a.m. - Traditional Protestant
- 11 a.m. - Traditional Protestant

**Jewish Services:** phone numbers: (210) 379-8666 or 493-6660.

- Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



**Dodd Field Chapel**, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

**Catholic Services - Sundays:**

- 12:30 p.m. - Bilingual Mass

**Protestant Services:**

- 5:30 p.m. - Contemporary Protestant - Sundays
- 10:30 a.m. - Collective Gospel Protestant - Sundays
- 9:30-11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided

**AMEDD Regimental Chapel**, Bldg. 1398, phone number: (210) 221-4362.

**Troop Catholic Mass:** Sundays:

- 10 a.m. - 32nd Medical Bde. Soldiers

**Troop Protestant Gospel Services:** Sundays:

- 11:30 a.m. - 32nd Medical Bde. Soldiers

**Troop Protestant Service:**

- 9 a.m. - 32nd Medical Bde. Soldiers



**FSH Mosque**, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

- 1:30 p.m. - Jumma - Fridays

10:30 a.m. - Children’s Religious Education - Sundays

- 7:30 p.m. - Adult Religious Education - Thursdays

**Brooke Army Medical Center Chapel**, Bldg. 3600, phone number: (210) 916-1105.

**Catholic Services:**

- 8:30 a.m. - Mass - Sundays
- 11:15 a.m. - Mass - Sundays
- 11 a.m. - Mass - Weekdays

**Protestant Services:**

- 10 a.m. - Worship Service - Sundays
- Noon - Worship - Wednesdays



**232nd Medical Battalion Classroom**, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

**Web site:** [www.cs.amedd.army.mil/chaplain](http://www.cs.amedd.army.mil/chaplain)



Photos by  
Esther Garcia

Military ambassadors Sgt. 1st Class Wendy Carter, NCO Academy, representing Fort Sam Houston, and Tech. Sgt. Maggie Silva, Lackland Air Force Base, hand out Fiesta medals while waiting for the Flambeau Parade to begin April 24.



# Final events close out Fiesta week



Spc. Enrique Alvarado, U.S. Army Garrison, is the guest speaker at a ceremony honoring veterans and the Armed Forces. The ceremony, sponsored by the Vietnam Veterans of America, Chapter 366, was held at the Vietnam Memorial in front of the Municipal Auditorium on April 25. Alvarado spoke about his friend who died in Iraq last year. He said he was in a convoy when an explosive device struck the vehicle in front of him, killing his friend.



Spc. Freddie Harvey and Pfc. Venus Savageau, 418th Medical Logistics Company, supported members of the Distinguished Flying Cross Society, Alamo Chapter, with a HMMWV in the Flambeau parade.

Drum Major Staff Sgt. Cornell Herrington leads the U.S. Army Medical Command band down Broadway Street at the Battle of Flowers parade April 23. The commander is Chief Warrant Officer John Fraser. The band supported numerous Fiesta activities during Fiesta week in San Antonio.







Left to right, Spc. Jonathan Pope, Sgt. Thomas Hackett, Sgt. Mark Brigman, representing the U.S. Army, Sgt. Yasine Alvarez, U.S. Marines, Staff Sgt. Noel Harrison, center, U.S. Army, Petty Officer 3rd Class Anthony Pickings, U.S. Navy, Senior Airman Gregory Hale, U.S. Air Force, Petty Officer Ruben Rodriguez, Jr., U.S. Coast Guard, and Spc. Timothy Robinson, U.S. Army, members of the Joint Service Color Guard, led the Battle of the Flowers and the Flambeau parades.



Military ambassadors representing their respective services wave to the crowd at the River Parade held April 19. Fourteen ambassadors representing the different installations in San Antonio attended more than 60 Fiesta activities in San Antonio. As military ambassadors, the Soldiers spread goodwill about their service and installation in the civilian community.

Brig. Gen. Daniel Perugini, commander, U.S. Army Medical Department Center and School and Fort Sam Houston, and his wife, Coleta, place flowers at the Vietnam Memorial, located in front of the Municipal Auditorium, during a ceremony held April 25 honoring all veterans.



Military ambassadors Staff Sgt. Tiffani Siejka, Air Intelligence Agency, Spc. James LeFebvre, Fort Sam Houston, and Staff Sgt. Jason Lamoureux, Lackland Air Force Base, wave to the crowd at the Battle of Flowers parade.



# The Texas Wanderers’ to hold Travis Park walk, May 8

Story and photo by  
Martin L. Callahan  
Special to the News Leader

The Texas Wanderers volksmarch club of Fort Sam Houston along with the San Antonio Metropolitan Planning Organization will host their annual downtown San Antonio 10-kilometer (6.2 mile) and optional 5-kilometer walk on Saturday, May 8. The start time is between 7:30 and 9 a.m., finish by noon.

The walk will start at historic Travis Park, which is the third oldest park in the United States. The park is located at the corner of Travis and Navarro. It was named in honor of Colonel William Barret Travis, commander of the garrison at the Alamo at its fall on March 6, 1836. During the Civil War the block where the park is located was used as a mustering point for Confederate enlistees and later in the war it was used as a hospital camp.

The centerpiece of the park is the Confederate Heroes Monument. The monument is 50 feet tall, made of Texas Gray granite at a cost of \$3,000 and surmounted by an 8-foot tall statue of a Confederate soldier pointing upwards to heaven. The corner-



Lisa Rusch stands in front of the Confederate Heroes Monument in Travis Park at a previous walk.

stone of the monument was laid with much fanfare to an enthusiastic crowd of several thousand people, including both Union and Confederate veterans, on June 3, 1899.

Some highlights of this walk include the Municipal Auditorium, the Central Library, Milam Park, the Farmers Market, City Hall, the Institute of Texas Cultures, the Hemisphere Tower, Alamodome, old train depot and the Alamo. For information on the Travis Park walk, call Lyn Ward at 651-6536 or e-mail at LWARD10KM@aol.com and check out the club’s Web site at [www.walktx.org/Wanderers.html](http://www.walktx.org/Wanderers.html).

# Fort Sam Houston ISD Weekly Campus Activities May 3-8

## Fort Sam Houston Elementary School

### Reading is Fun Week

#### Monday, May 3

- Math SDAA Field Test for Grades 3 - 6

#### Tuesday, May 4

- Reading SDAA Field Test for Grades 3 - 6

#### Thursday, May 6

- Writing SDAA Field Test for Grades 3 - 6
- PTO Board Meeting, 11:30 a.m.

#### Friday, May 7

- Pre Kindergarten Round-up, 8:30-10 a.m. and 1:30-3:15 p.m.
- Spirit Day

**Cafeteria info note:** No more charges on your students account please make sure you have enough money in their account.



## Robert G. Cole Jr./Sr. High School

### Monday, May 3

- AP English Language Exam in Rifle Range, 8 a.m.
- Spring “C” Awards in Moseley Gym, 6 p.m.
- Senior Parent Meeting after “C” Awards in Media Center

### Tuesday, May 4

- AP Spanish Language Exam in Rifle Range, 8 a.m.
- GATE and Special Ed Field Trip to Scobee Planetarium and Witte Museum, TBA
- Cougar Pride Executive Meeting in Library, 5:30 p.m.

### Wednesday, May 5

- GATE Senior High Students Pizza Lunch in Gym Foyer

### Thursday, May 6

- AP English Composition Exam in Rifle Range, 8 a.m.
- AP German Language Exam in Rifle Range, 12 noon
- Junior High Science Filed Trip: Enchanted Rock State Park, All Day
- Cougar Pride Club Teacher Appreciation Luncheon at Gym Foyer, Both Lunches
- JROTC Annual Awards Ceremony, 7 p.m.

### Friday, May 7

- AP European History Exam, 12 Noon
- SGM Rufus Pryor Memorial Scholarship Fundraiser Dinner, 5:30 p.m.
- Cole STUCO Annual Talent Show at Moseley Gym, 7 p.m.

### Saturday, May 8

Cole Band Boosters Banquet at NCO Club, TBA

**Calendar Correction:** The following events were listed in last week’s calendar incorrect. The correct date for the events is Saturday, May 1:

- The UIL Track

Regional Meet at  
Texas State University,  
San Marcos, all day

- Baseball vs Poth  
at Cole, 4:30 p.m.



# Youth Happenings

**Wanted: Arts and Crafts instructor** - Youth Services and School Age Services are looking for an Arts and Crafts instructor for the summer. This paid position would be for four 50-minute classes Monday through Friday and two 50- minute classes on Saturdays. Ages of the youth range from 6-18 and are all different skill levels. All materials and supplies will be provided but the planning must follow the coordinated schedule of summer camp weeks. If you are interested, call the Youth Center at 221-3502

**Mother’s Day Cards** - On Saturdays from 4-5 p.m., we will be making Mother’s Day cards as an arts and crafts project. Come and design your own special tribute to mom. We have all the supplies, glue and glitter necessary.

**Cooking Class** - Enjoy healthy snackin’ with the Youth Services staff. We will be making Strawberry Smoothies on Friday, May 7, 5-6 p.m. If you like strawberries then you will Love these smoothies.

**4-H Meeting** - There will be a 4-H meeting on Friday, April 30, 4:30-5:15 p.m. Projects and activities will be discussed. Join our 4-H group for upcoming activities. Are you interested in photography, computers, cooking, or volunteering? If so 4-H is the place for you. For information, call 221-3502.

**Teen Council Meeting** - There will be a Teen Council meeting on Saturday, May 8, 5-6 p.m. All Teen Council members must be present. Summer plans will be discussed and the dance will be coordinated.

**Aerobics** - Youth Services is offering a no cost low impact aerobics class form 6:30-7:30 p.m. on Wednesday and Thursday. We will meet in the YS Gym and get in shape for the summer. Parent and kids are invited to attend. For information, call 221-3502.

**Teen Summer Discovery Camp** - Registration for the Teen Summer Discovery Camp is going on for youth ages 14 and up. This program is for those who are too old for camp and too young to have a job. During this camp, youth will volunteer at a work site 2 half days and the other day will hike, swim, and travel across South Central Texas.

This volunteer time in a work site gives job experience

for each individual. There will be tubing on the Guadalupe River, Swimming in Canyon Lake, trips to career interest areas and lots more. The cost for this camp will be \$65 per week and will include breakfast, lunch and a snack. For information, call 221-3502.

**Summer Camp for Middle School** - Registration for Summer Escape camp is ongoing from now until May 12. This is camp from Middle school youth going in to 6th grade in the fall and up. The cost will be \$65 per week. Cost include breakfast, lunch and snack. We will be swimming, bowling, doing sports, using the computer lab, going on field trips weekly, riding horses, doing science projects and more. For information, call 221-3502.

**Cheerleading Clinic** - Youth Services will be offering a Cheerleading Clinic for both girls and boys ages 9-15 on Mondays from 6:30-7:30 p.m. at the Youth Center, Bldg. 1630. The Clinic is ongoing through July 26. The cost will be \$15 per month per person. If you are interested in learning the principals and mechanics of Cheerleading, having lots of fun and making new friends, join us in this Cheerleading clinic. Registration will be held at the Youth Center so come on and register now. For information, call 221-3502.

**Track Registration** - Track Registration is ongoing at the Youth Center. The season has just begun and there are still a few spaces for those who are interested in running track. The cost will be \$60 for military and DoD civilians and \$70 for non-military.

**Aerobics** - YS is offering a no cost Low Impact aerobics class from 6:30-7:30 p.m. on Wednesday and Thursday evenings. We will meet in the YS Gym and get in shape for the summer. Parent and kids are invited to attend. For information, call 221-3502.

**French Fry Friday** - Every Friday is French Fry Friday. Fries are \$.50 for an order of seasoned or regular fries. Come on by and eat with us and support the Youth Center.

**Exploring Life for Middle School students** - Youth Services offers an after school program for Middle School youth grades 6-9. This program is held Monday through Friday after school until 6 p.m. YS will pick the child from the elementary or the Jr./Sr. High School and take the child to the Youth Center, provide a snack, work on homework, participate in clubs and participate in fun innovative projects that include the 4-H club, a photography club, a Computer Tech club and others. Work will include areas of interest that both the parents

and the students like. This program is free for youth registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502

**Youth Service Volunteers** - YS is always looking for volunteers for assisting with the youth programs. Coaches, computer skilled people, crafty people and those that just care about kids are needed. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

**Saturday Open Recreation** - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours are youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

**Alternative Dance Classes** - Join the Middle School and Teens for Alternative Dance Class Tuesdays from 5-6 p.m. Dance types include salsa, hip-hop, and country.

**Parents Wanted** - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or two followed by refreshments.

**Tae-Bo** - Join the YS staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m. Spring is just around the corner so come get in shape with us.

**Saturday Shuttle** - YS offers a Saturday shuttle to and from the Youth Center. There is no cost to this shuttle but parents of children 9 and under must wait for the van and sign them into and out of the van with the YS staff member. The Shuttle Schedule is as follows:

- 3 p.m. - Leave the Youth Center
  - 3:07 p.m. - Gorgas Circle (picnic tables)
  - 3:10 p.m. - Schofield/Dickman on Schofield
  - 3:15 p.m. - Reynolds and Dickman on Reynolds
  - 3:20 p.m. - Officer’s Club tennis Courts
  - 3:25 p.m. - Artillery Post Road at Bus Stop
  - 3:30 p.m. - Easley/Infantry Post Bus Stop 660
  - 3:42 p.m. - Patch Road (playground)
  - 3:46 p.m. - Patch Road Shoppette Parking lot
  - 3:50 p.m. - Foulouis/Scott Road Harris Heights
  - 3:54 p.m. - Forage/Foulouis
- The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.





Photo by Phil Reidinger

Fort Sam Houston Pack 23 Cub Scouts pull weeds growing in the demonstration garden. Cub Scouts were working on their World Conservation patch, Antonio Gonzalez, Jaime Gonzalez, David Manneli, Silas Estino, David Lauten, and Jonathon Floyd.



Photo by Phil Reidinger

Fort Sam Houston Girl Scouts from Troop 526 with Scout Leader Maria Gonzalez scan the post historic landscape demonstration garden looking for weeds and cleaning litter between plants. Girls Scouts participating in the Silver Award project include, De Monica Gonzalez, Jordan Maney, Megann Taylor, Katherine Teeter, Jennifer Sees, and Britney Bethel.

# Scouts work in post demonstration garden for Earth Day

By Jackie Schlatter  
Special to the News Leader

Local Fort Sam Houston Girl Scouts and Cub Scouts cleaned the post demonstration garden for an Earth Day project on April 23.

In 1998, Fort Sam Houston developed a “Historic Landscape Master Plan” in order to maintain Fort Sam Houston's historic character, conserve water, and improve the

quality of life.

This plan was adopted as an official directive and incorporated into the Installation Master Plan in August 1998. As part of the plan, a Demonstration Garden was developed to express the ideas of the plan on the ground. An area close to the PX and the new Vision Center was selected because of the location close to a community center area where there is high traffic volume.

The historic landscape demonstration garden infrastructure was constructed by the command and planted by master gardeners in April 2000.

The garden contains drought tolerant (xeriscape) plants appropriate for the San Antonio area. The goals of the demo garden are to encourage the use of appropriate plants on the installation, especially around the historic structures; provide an attractive, informative garden oasis; serve as a

living display for amateur gardeners; and encourage everyone to participate in reducing water usage. The garden contains more than 100 varieties of drought tolerant plants including trees, bushes, and shrubs.

The Fort Sam Houston Environmental Division maintains the garden. For the past two years, Fort Sam Houston scout organizations such as Boy Scout Troop 23 have used the garden for merit badge projects, to include Eagle projects.

# Child and Youth Services Central Registration offers many services

## CYS Parent Advisory Council Meeting, May 18

CYS Parent Advisory Council meeting will be held May 18, 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. A Family Advocacy educator will be speaking on child abuse prevention. PAC meetings are every 3rd Tuesday of the month. This is CYS parents’ opportunity to learn of upcoming events, meet staff and address concerns.

## Register for Summer Camp

Summer Camp opportunities for children entering 1st through 5th grade are now available. To register, call Central Registration at 221-4871 or 221-1723. Parents must provide proof of income, updated shots and physicals. Spaces fill quickly.

## 3-Day Part Day Preschool Program on hold

The 3-day Part Day Preschool program has been placed on hold due to lack of enrollment numbers. If you are interested and have questions concerning this program, notify Central Registration to place your name on a list. Fees range from \$151-\$200 per month and will be assessed by calculating total family income.

## Family Child Care offers certified child-

**care** - The FCC home-based childcare for children ages 4 weeks to 12 years on and off post with certified childcare providers. Types of care are full day, part day, before and after school care, hourly care, and extended hour care and long-term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723.

**FCC providers sought** - The FCC is looking for family members interested in becoming certified FCC providers to offer home based childcare. There is a no-cost start up plan. For information, call 221-3820 or 221-3828. The next FCC Orientation Training is May 10-14, 8 a.m. to 4 p.m.

**Wait List status** - If your child’s name is on the Wait List for full day care at the

Child Development Center, check the status of the name on the wait list from the day you complete the form; otherwise your child’s name will be purged from the list. To check the status, call Central Registration at 221-4871 or 221-1723.

**Instructional classes offered** - If you are interested in instructional classes such as Tae Kwon Do, piano or gymnastics, call 221-4882, 221-4871, 221-1723.

**After School and Weekend Recreation** - School Age Services (1st-5th grade) offers after school and weekend open recreation opportunities and after school hourly care options. Hourly and open recreation must be reserved in

advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

**Red Cross Babysitting Class** - CYS Outreach Service is offering a Red Cross Babysitting Class for children 11 years and older. The class will be held May 1, 9 a.m. to 5 p.m. at the Roadrunner Community Center, Bldg. 2797. There is a \$15 fee and limited spaces available. Child will need to bring a bag lunch. To reserve space, call Central Registration at 221-4871 or 221-1723.



# MWR Recreation and Fitness

**Post Garage Sale, May 1** - The next post garage sale is scheduled for Saturday, May 1, 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot, located on the corner of Harry Wurzbach and Stanley Roads, across from AMEDDC&S. To participate in the garage sale you must have a valid Department of Defense identification card. To sign up, call 221-2926 or 221-2307. Sale is open to the public. To reserve tables, chairs and canopies, call the Outdoor Equipment Center at 221-5554.

**Mothers’ Day 5K/10K** - Join us in celebration of mom’s Sunday, May 9 for the Mother’s Day 5K/10K all are invited to attend but moms receive a special registration fee of \$6 until May 7 (Military \$12; General \$15; after May 7 \$20 all). There will be a special Stroller division with awards given for 1st, 2nd and 3rd place. The race starts at 7:30 a.m. from the Brigade Gym. Download a registration form online at [www.samhoustonmwr.com](http://www.samhoustonmwr.com) by or pick one up from the Jimmy Brought Fitness Center.

**Natural Body Building Show** - A natural body building show will be held Saturday, May 15 at the Jimmy Brought Fitness Center in conjunction with the Fitness for Your Health Office. Weigh-in is between 9:30-10:30 a.m. and start time is 11 a.m. The cost is \$25 and participants will receive a T-shirt. Call Lucian Kimble at 221-2020.

**Learn to Swim** - Sign up now for the Learn to Swim Program at the Aquatic Center. Four sessions are available: June 1-11; June 21-July 2; July 12-23; Aug. 2-13. Classes are held at the Aquatic Center Bldg. 3300. Class times will be assigned during registration. Get a \$5 discount for signing up the same child for another session! Cost: 1st child \$40 per session; 2nd child

in same family \$35 per session; 3rd child \$30 per session. Call 221-3185 to sign up, pick up an application at the Jimmy Brought fitness center, or download a copy at [www.portsamhouston-mwr.com](http://www.portsamhouston-mwr.com) by following the recreation link to the aquatic center.

**Summer Youth Horsemanship Program** - Is your child interested in learning how to ride a horse? Then the youth horsemanship camp may be just what you’re looking for! Students 7-18 of age will learn proper riding forms as well as a variety of horse care techniques. Eight 5-day sessions are available from June-August and cost is \$175. For information, call 224-7207.

**Archery Lessons at the Indoor Archery Range** - Contact the Outdoor Equipment Center at 221-5225 for individual lessons. Award winning archer Skip Dawson provides instruction at various levels from expertise, novice to expert. Children are welcome, however, a parent must accompany children under the age of 18.

**60 Days of Fitness** - A motivating fitness and weight loss program to help you safely lose 15 pounds in 60 days using a point system. This self-paced program requires you to work out 45 of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. You will also attend two 30-minute weight loss classes. Cost is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.

**New Weight Loss Classes** - The Fitness For your Health Office (located in the Jimmy Brought Fitness Center) is offering new times for weight loss/ nutrition classes. Half an hour classes taught by a certified nutritionist are offered Tuesday, 10 a.m. and 5 p.m. and now on Thursday, 7 a.m. and 11:30 p.m.



Photo by Alexandra Nordeck

**AC service available at the MWR Auto Craft Shop**  
Ralph Riojas talks to Capt. Callistus Elbourne about air conditioning service for his car at the MWR Auto Craft Shop. Located at the corner of Schofield Rd. and Funston Rd., the shop has certified instructors and the tools necessary to learn how to work on your own vehicle. The cost for AC service is \$30 plus the cost of freon and an environmental fee. The shop carries both R-12 and 134A refrigerants. The shop is open Wednesday-Friday: 1-9 p.m. and Saturday-Sunday, 9 a.m. to 5 p.m. For information, call 221-3962.

## Commanders Cup Standings as of April 21

Team	Total points
Acad Bn	966.5
BAMC	797.5
DFAS	659.0
STB (USAG)	554.5
Navy & Marines	398.0
232nd Med Bn	203.0
5TH RCG	196.0
5th Army	175.0
591st Med Log	91.0
DENTAC	88.0
NCO Academy	76.0
DMRTI	68.0
VETCOM	53.0
USARSO	53.0
USAMITC	50.0
LEC	50.0
187th Med Bn	41.0
470th MI	41.0
418th Med Log	38.0
ISR	00.0
SA MEPS	00.0
440th BSD	00.0
C Btry, 4/133	00.0
MEDCOM	00.0
228th CSH	00.0
4th Recon	00.0

## MWR Ticket office at NCO Club

The MWR Ticket Office is now located in the NCO Club. Hours of operation are Tuesday through Friday, 10 a.m. to 5 p.m. and Saturdays, 10 a.m. to 2 p.m. Tickets can be purchased at the Cashier’s Cage in the main entrance of the club. We currently have the following tickets available at great discount prices: SeaWorld, Schilterbahn, Walt Disney World, Ripley’s Wax Museum, Space Center (Houston), Splashtown, Natural Bridge Caverns, Natural Bridge Wildlife Ranch, IMAX, San Antonio City Tours, and Texas Treasure Casino Cruises. For information, visit the MWR Web site at [www.portsamhoustonmwr.com/bod/mwr\\_ticket\\_office.asp](http://www.portsamhoustonmwr.com/bod/mwr_ticket_office.asp) or call 226-1663.



# Returning troops hail AAFES contingency support as a big morale lifter

Talk to any Soldier fresh back from Iraq and you will quickly hear how Army & Air Force Exchange Service contingency operations were critical to their morale. Task Force Iron Horse troops returning from Operation Iraqi Freedom were deployed for approximately 12 months in what many consider to be the toughest area of Iraq, the Sunni Triangle. Soldiers endured tough combat situations, extreme weather conditions and difficult separation from family and friends. AAFES associates were there with the troops to provide indispensable support to the needs of the troops wherever they were.

Even before Saddam Hussein’s statue fell in Firdos Square on April 9, 2003, AAFES was on the ground to extend support to Service Members in Iraq. Troops experienced AAFES support through a variety of methods including mobile operations, troop run stores and Name Brand Fast Food operations. AAFES operations in theater are run in facilities ranging from tents and trailers to former palaces of Saddam Hussein. Regardless of the conditions, AAFES continues to go where the troops go, setting up shop in any structure available.

At the onset of OIF, AAFES served troops in particularly dangerous areas with

mobile operations dubbed Rodeos. Members of Charlie Company, 588th Engineering Battalion with the 4th Infantry Division were responsible for patrolling a stretch of highway deep in the heart of the Sunni Triangle. Because the unit was in an especially dangerous part of the country, Soldiers were unable to travel to AAFES contingency locations in Iraq. Staff Sgt. David G. Richmond said the absence of AAFES support made the first three months a struggle. After the logistical challenges were resolved, AAFES Rodeos began serving the Engineer’s location in Al Khalis, Iraq, with a big 5-ton filled with essentials Richmond says were enough to keep us going. According to Richmond, AAFES support was never far from the Soldier’s minds and when’s AAFES coming out to see us was always a topic of conversation. AAFES Rodeo service to Al Khalis, said Richmond, “did more for us than anything and was a big morale lifter.”

Some Soldiers not only enjoy AAFES’ support, but also pitched in to help AAFES civilian volunteers deliver its morale-lifting benefit to areas deemed too dangerous to even offer Rodeo support. One such Soldier, Pfc. Bobby Lemon, ran the Imprest Fund for Alpha Company 3-66 Armor with 4th Infantry Division while

deployed to Iraq. Once a week, Lemon left his unit's location in Bayji taking receipt of \$30,000 worth of merchandise from AAFES Tikrit Warehouse. Lemon would restock on Thursday and sell out by Sunday. The must have items for his customers included, music, mattresses, ham and chicken salad, Mach 3 razors, Bugout, PlayStation decks and games, DVDs and stereos. Lemon said that the Soldiers of Alpha Company would anticipate weekly trips to Tikrit because AAFES products beat eating MREs (Meals Ready to Eat) and T-rations.

Stabilized environments such as Baghdad International Airport offer AAFES services that provide a much-needed break from the trials of war. Alpha Team Leader Sgt. James Eddings of C Company, 588th Engineering Battalion with 4th Infantry Division says trips to Baghdad became a very popular duty once the Burger King opened at BIAP. It was awesome to have a Whopper, said Eddings.

Spc. Nathan E. McMenamin of Headquarters Support Battery, 3-26 Field Artillery with 4th Infantry Division said he also treasured the opportunity to visit AAFES facilities at BIAP. “There was nothing better than a Whopper with

cheese,” said McMenamin. Beyond the ability to eat American food, McMenamin said that the little things AAFES offered deployed troops made a big difference in the troop’s quality of life. “Little necessities like a pack of Bazooka Joe Gum or a real haircut mean so much.” After getting his haircut by AAFES barbers at BIAP, McMenamin said he remembered thinking these are the luxuries of life I’ve missed.

If you want to know how AAFES is doing in Operations Iraqi and Enduring Freedom all you have to do is ask the troops on the ground, said AAFES Chief of Communications Lt. Col. Debra Pressley. “Reports from returning Soldiers and Airmen reaffirm my belief that contingency operations are the single most important facet of AAFES support for today’s military.”

AAFES currently operates 56 contingency locations throughout OIF/OEF. In addition to these stores, AAFES supports those in isolated and hostile areas with some 69 unit-run Imprest Fund stores run in cooperation with Soldiers like Pfc. Bobby Lemon. About 250 AAFES associates are working in Iraq to bring a little bit of home to deployed troops. Another 137 associates work in Kuwait either at stores there or in support of operations in Iraq.

## Phone card gifts make it easy for Americans to show deployed troops they care

Any American can now help troops in contingency operations telephone call home. The Army & Air Force Exchange Service is now authorized to sell prepaid calling cards to any individual or organization that wishes to purchase cards for troops who are deployed. Up until now, those wishing to lend a helping hand had no other alternative, but to purchase other retailer’s prepaid cards that, in many cases, were not designed for affordable international calling. Now, anyone (even those not in the military) can help troops in contingency operations call home from one of the many AAFES call centers in Operations Iraqi and Enduring Freedom.

Many of the prepaid cards available to the general public from retailers other than AAFES offer much higher rates and connection charges. For service members to receive the best calling rates from OIF/OEF, senders should take advantage of the savings and purchase the Military Exchange 550 Unit Prepaid Card as it offers the best value when calling home with minutes that never expire and no hidden charges or connection fees. And senders don’t even need to know the names or address of deployed personnel to

provide the great benefit of a phone call home.

Helping service members stay in touch with friends and family has never been easier. Anyone can log on to [www.aafes.com](http://www.aafes.com) and click the “help our troops call home” link. From there, those wishing to pay for troops to call home can send a prepaid calling card to an individual at his or her deployed address or to “any service member” deployed or hospitalized. AAFES will coordinate distribution of donated cards addressed to “any service member” via the American Red Cross, Air Force Aid Society or the Fisher House Foundation.

AAFES currently operates 31 call centers in Iraq, 19 in Kuwait and four in Afghanistan. All of these locations stay busy playing a critical role in keeping the lines of communication open between deployed troops and their loved ones.

AAFES officials hailed the Department of Defense’s foresight in allowing it to offer phone cards to the general public. “A phone call home can make a Soldiers day,” said AAFES’ Chief of Communications Lt. Col. Debra Pressley. “This initiative allows any American to

make a direct impact on the morale of deployed troops around the world. We hope everyone takes advantage of this opportunity to purchase a phone card that will make a connection between the front lines and the home front.”

In addition to the ability to send phone cards, individuals and organizations can further extend support to deployed troops with a “Gift From the Homefront” gift certificate. This innovative initiative allows anyone to help deployed troops purchase merchandise in one of 54 contingency stores. “Gifts from the Homefront” can also be purchased 24 hours a day by logging on to [www.aafes.com](http://www.aafes.com) or by calling 877-770-4438, seven days a week, everyday of the year. From there, the “Gift from the Homefront” can also be sent to an individual service member (designated by the purchaser) or distributed to “any service member” through the American Red Cross, Air Force Aid Society or Fisher House.

Reports from Iraq indicate that the certificates distributed most recently are being used for the latest CDs and DVDs, comfort items such as snacks and beverages and phone cards for those all-impor-

tant calls home. “Gifts from the Homefront” certificates are available in denominations of \$10, \$20 or \$25 and are subject to a \$4.95 shipping and handling processing fee. As is the case with Military Exchange Prepaid Phone Cards, “Gifts from the Homefront” can be purchased by anyone with a U.S. credit card or check, but only authorized military customers can redeem them at AAFES facilities throughout the world, including 54 locations in OIF/OEF.

The Army & Air Force Exchange Service is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through their Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation programs. To find out more about AAFES’ history and mission or to view recent press releases please visit our Web site at <http://www.aafes.com/pa/default.asp>.

## San Antonio Missions to ‘Salute Military Families’

By Margaret McKenzie  
Special to the News Leader

Five companies, General Mills, Kraft Foods, Force 3, Inc., Marconi Federal, and USAA will each sponsor a free night of baseball in a “Salute to Military Families” in the San Antonio area on May 18, June 16, July 14, Aug. 11, and Sept. 1. It is the sponsors way of saying “thank you” to San Antonio’s military community. The companies have purchased reserved seat ticket vouchers to be distributed to military personnel and their families assigned to the city’s four military installations.

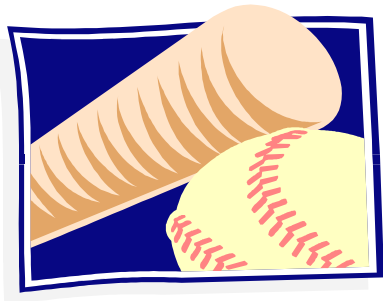
Force 3, Inc., and Marconi Federal will lead off the “Salute to Military Families” on May 18, followed by General Mills on June 16, Kraft Foods on July 14 and Aug. 11 and USAA on Sept. 1. Special prize drawings will be conducted in conjunction with the Military Family Appreciation Nights.

**Honorary Bat Boy Program**

As part of the program, the Honorary Bat Boy Program will be held again this year. Military dependents through age 12 will be selected by random drawings from registration boxes located at the Fort Sam Houston Library, the Jimmy Brought Fitness Center, Youth Center and School Age Services to become Kraft Singles Honorary Bat Boy. One winner will be chosen for each Friday and Saturday home game. The lucky winner will receive a T-shirt, Missions baseball cap, four tickets to the game, an opportunity to meet Missions Manager Dave Brundage, hang out in the Missions dugout prior to the start of the game and accompany Dave Brundage to home plate for managers meeting.

**USAA Savings Bonds**

USAA will give away five \$100 sav-



ings bonds on Sept. 1. Winners need not be present to win. Entry boxes will be available on the installation for those who are not able to attend the games.

The San Antonio Missions will invite military youth baseball teams to shadow Missions players during the opening ceremonies each night.

Tickets to the Mission’s games will be available one week prior to the game through the organization’s sergeant majors, the Library, the Jimmy Brought Fitness Center, and School Age Services.

**Post “Salutes Military Youth”**

You could win a \$1,000 Savings Bond by entering an essay contest. Military youths are encouraged to write an essay not to exceed 1,000 words on the topic of “The Person I Admire.” The essay contest is open to any military family child 18

years or younger with a valid ID card. Contestant’s essay must include their name, age, telephone number, and their installation. Winners will be asked to show identification. The essays should be post marked before Aug. 1. Scholarships will be awarded by DECA and Kraft at the pre-game ceremonies on Aug. 11. Mail entries to:

San Antonio Missions Baseball Club  
Post Cereal Youth Essay Contest  
5757 Highway 90 W  
San Antonio, Texas 78277.


For more information about the program, call the Recreation Fitness Division Marketing Department at 221-2307 or 221-2926.

Military Appreciation Nights are made possible with the cooperation of the Defense Commissary Agency and no Federal endorsement of the sponsor is intended. General Mill’s and Kraft Foods products are sold in military commissaries and exchanges.



# Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.



**For Sale:** Glass top table and 4 light blue chairs on casters, \$75 obo; medium blue Lazy Boy recliner, \$50 obo. Call 221-5999 or 213-2182.

**For Sale:** Two new 1/2 whiskey barrels, \$15 each or both for \$25 obo. Call 590-4854.

**For Sale:** Royal blue sofa and loveseat, \$200; lawnmower with bag, \$75; four wooden patio chairs, \$60. Call 566-4063.

**For Sale:** Used Kenmore 40 gallon gas water heater, \$50. Call 221-0796.

**For Sale:** Queen bedroom set in good condition, \$300 obo; 3 in one crib in excellent condition, \$125 obo; matching changing station, \$100 obo; two car seats, \$15 each obo; Fisher Price playhouse, \$75 obo and more. Call 661-7671.

**For Sale:** Eight-gallon aquarium with wood stand and accessories, \$30; Mandella breast pump, new in box, \$60; cherry wood night stand,

\$25; baby swing with mobile, \$38; baby walker, \$20; many more baby items and clothes. Call (830) 609-5711.

**For Sale:** Casio keyboard with stand, all manuals, excellent condition, \$125. Call 697-9261.

**For Sale:** 1998 Jeep Grand Cherokee, 85K miles, V6, auto, 2WD, A/C, very good condition, new tires and brakes, \$6,000. Call (281) 450-9222.

**Free to a good home:** Three-year-old brown and white female mixed dog, very gentle, spayed with all shots. Also a 4-year-old long hair grey and white female cat, spayed and declawed, temperamental, all shots. Call 373-6297 or 846-7802.

**Free to a good home:** Mixed breed dog, American Eskimo and Chow mix, weighs about 35 pounds, very friendly, good with children, well trained, all vaccinations up to date. Call 223-2756.

## Celebrating FSH 2004 Asian Pacific Islander Heritage Month



Come One



Come All

### Volleyball Tournament

Time: 8:30 a.m. to 5 p.m.

Bring your best team forward

Date: May 15

(One female on court at all times)

Place: Jimmy Brought Fitness Center

Limited to 12 teams

First come, First play!!

Sign-up at the Jimmy Brought Fitness Center no later than May 6.

Trophies awarded to first, second, and third place teams (individual trophies to first and second place teams (limited to 10 players).

Team Captains meeting, May 11, 5 p.m. at the Jimmy Brought Fitness Center.

For information, call Earl Young at 221-1180, Danny San Nicholas at 221-2298, or Sgt. 1st Class Maiava at 221-0742.

# AUSA to host ‘For the Soldier’ golf tournament, May 17

The San Antonio Alamo Chapter of the Association of the U.S. Army will host the annual golf tournament this year on May 17. This annual tournament is a great opportunity for business and community leaders to join the Fort Sam Houston community for a fun day on the golf course.

In June 2003, the Alamo Chapter of the Association of the United States Army held their 6th Annual “For The Soldier” Golf Tournament at the Fort Sam Houston Golf Course. The Alamo Chapter expanded the event with a raffle for two round-trip VIP Southwest Airlines tickets and a Silent Auction. With the participation of

108 players, the chapter netted more than \$8,000.

In 2002, more than 120 corporate players helped AUSA raise \$5,000 that directly supported AUSA programs to recognize outstanding Soldiers. Additionally, the Alamo Chapter contributed to the Guy S. Meloy Scholarship Fund.

Tournament proceeds have been directed toward supporting AUSA programs for Soldiers and their families at Fort Sam Houston, to include a larger contribution to the Meloy Scholarship Fund.

For information, call retired Command Sgt. Maj. Carlos Correa at 771-3514 or visit [www.alamochapterausa.org](http://www.alamochapterausa.org).


# Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.

**Registered Nurse** - Seguin. Conducts general nursing duties with minimal supervision. Has the ability to work with adolescents, adults, and geriatric persons. Maintains current registration as RN with Texas Board of Nurse Examiners.

**Case Management Nurse Consultant** - San Antonio. Conducts comprehensive clinical assessments of members. Applies case management concepts to complex issues and problem solving techniques. Managed care case management or utilization management experience.

**Health Care Finder RN** - San Antonio. Will screen referral request for medical necessity. Document detail orientation is mandatory and refer appropriate cases to case management. Must have a valid RN Texas License. Utilization review experience including CPT and ICD9 coding as well as TRICARE experience.



## Civilian Workshop scheduled

The Army Career and Alumni Program staff will conduct Resume, Writing, and Interviewing Workshop for DoD civilian employees who are contemplating leaving federal service workforce. The workshop will be held May 5. To register as an ACAP client and to reserve a seat, call 221-1213. Workshops will be cancelled and clients rescheduled, if there are less than 10 confirmed attendees one week prior to the workshop. Register now and get your friends and family members to do the same.

## Resumix workshop for U.S. Army Garrison employees

Accessing Resumix workshop will be held May 11, 8-9:15 a.m. and May 18, 8-9:15 a.m. Attendance is by reservation only and limited to eight per class. For information or registration, call 221-2276.



# iQue Pasa?



## Community events

### ‘Arsenic and Old Lace’ at the Harlequin, now through May 8

The Harlequin Dinner Theatre will feature “Arsenic and Old Lace,” a comedy by Joseph Kesselring on Wednesday through Saturday evenings now through May 8. Prices are \$25.95 on Fridays and Saturdays and \$22.95 on Wednesdays and Thursdays. There are discounts for military and students. The house opens for salad bar and cocktails at 6:15 p.m., buffet is open from 6:30-7:30 p.m., and curtain is at 8 p.m. For reservations, call the Harlequin Dinner Theatre at 222-9694 or visit the box office from noon to 5 p.m. weekdays and 1-5 p.m. on Saturdays. Theatre is handicapped accessible.

### Paint Rock Walk, May 1-2

The Selma Pathfinders volksmarch club will host two 10-kilometer (6.2 mile) walks on May 1-2 at Paint Rock, Texas. One walk will be in the town of Paint Rock while the other will be on the Campbell Ranch where there are hundreds of ancient Indian pictographs painted on the cliffs visible along the walk trail. For information, call 496-1402 or e-mail michene@juno.com.

### Fiesta Campers chapter welcomes families May 7-9

The Family Campers and RVers National organization has earmarked May as “Families Across North America” month. The Fiesta Campers and RVs, (FCRV) is local chapter of invites families for the weekend of May 7-9 at Riverbend RV Park in Luling, Texas, for their monthly camping outing. FCRV welcomes families with children ranging in age from 1 to 19 years as well as retired couples. For information or reservations, call Marty Cupp, 657-5822 or e-mail Charl78233@aol.com.

### Alamo Logistics Officer Association to hold Golf Tournament May 14

The Alamo Logistics Officer Association will hold a Scholarship Golf Tournament at the FSH Golf Club on May 14. Cost is \$55 for civilians, \$50 for military. Fee includes golf cart, drinks and dinner at the clubhouse. Proceeds go toward college scholarship. For information, call Wade Cornelius at 652-3121 or 652-7152, Sam Ulmer at 671-4330, or Debbie Byrd at 928-5166.

### Auditions for ‘Catfish Moon’ at the Harlequin May 24-25

The Harlequin Dinner Theatre will hold open auditions on May 24-25 for “Catfish Moon,” a comedy by Laddy Sartin. Auditions will be from 7-8:30 p.m. both nights with Bruce E. Shirky directing. There are roles for three men and one woman. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Those who come to auditions should enter FSH through the Walters Street gate. Performances will be Wednesday through Saturday evenings from July 7 through Aug. 7. For information, call the Harlequin Dinner Theatre at 222-9694.

### Health Protection Conference returns to New Mexico, Aug. 9-12

The Seventh Annual Force Health Protection Conference will return to the Albuquerque, N.M., Convention Center Aug. 9-12, with pre-conference sessions set for Aug. 6-8. For information and registration, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link at <http://chppm-www.apgea.army.mil/fhp/>.

## Volunteer

### USAWOA seeks volunteers for Habitat for Humanity

Members of the Lone Star Chapter of the U.S. Army Warrant Officer’s Association will volunteer at the Habitat for Humanity worksite in San Antonio on Saturday, May 15, 7:30 a.m. to 3:30 p.m. If you would like to volunteer, call Chief Warrant Officer 2 Matthew Watterson at 295-8773 or e-mail [matthew.watterson@us.army.mil](mailto:matthew.watterson@us.army.mil) or call Randy Blackburn at 391-4696 or e-mail [cw3blackburn@aol.com](mailto:cw3blackburn@aol.com) for details. All members (age 14 and over) of the FSH Community are invited to participate, regardless of rank, status or membership in the USAWOA.

### SHARE High School Exchange program seeks host families

The Educational Resource Development Trust/SHARE High School ExchangeProgram, a non-profit educational foundation seeks host families for exchange students. The students are between the ages of 15 and 18 and will arrive in Texas in August to attend local high schools for the 2004-2005 school year. They are screened, academically prepared, and English speaking when they arrive. Students are also covered by medical insurance and bring their own spending money for personal expenses. Families provide a bed, meals and a caring home and review applications to select the student they feel best matches their family. For information, call Yvette Coffman at the SHARE! Southwest Regional Office Toll free at 1-800-941-ERDT (3738) or visit the Web site at [www.sharesouthwest.org](http://www.sharesouthwest.org).

### Wilford Hall seeks persons allergic to fire ants

Wilford Hall Medical Center is looking for volunteers to participate in a research study evaluating a one-day fire ant allergy treatment plan. For information or to volunteer, call the Allergy-Immunology Clinic at 292-4278.

### Ten Star All-Star Basketball Camp

Applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp. This camp is by invitation only. Boys and girls ages 10-19 are eligible to apply. Past participants include Michael Jordan, Tim Duncan, and Vince Carter. Players from 50 states and 11 foreign countries attend the camp. Basketball scholarships are possible for players selected to the All-American team. For a free brochure, call (704) 373-0873.

## Education

### Family Members Employment Assistance workshop May 12

Family Member Employment Assistance is offering an Interview Workshop on Wednesday, May 12, 9 a.m. to noon. Preparing for the employment interview has always been important but now that employers are changing the way they ask questions, preparation is not only important, but also crucial. Reservations are required and seating is limited to family members of active duty service members, retired service members and current DoD civilians. For information, call Katja Lunsford at 221-2705.

### The Education Center’s EDMIS down until further notice

Until further notice, the Education Center’s database, EDMIS, will be down for the new migration of the new Modern EDMIS. There will be no tuition assistance forms done during the down time period. If you have any questions, call 221-1738.

### UTSA advisor to visit FSH May 5

The Army Continuing Education Service Center will host the University of Texas at San Antonio on Wednesday, May 5. The UTSA Academic Advisor, Ms. McElligott, will be at the center from 9 a.m. to 4 p.m. If you have questions or need information regarding degree programs or preparations for transfer, feel free to come by the Ed Center and visit with Ms. McElligott. For information, call Ms. McElligott, Academic Advisor II at 458-2974 or via e-mail at [TmcElligott@utsa.edu](mailto:TmcElligott@utsa.edu). or Ms. Paul,

Asst. Director for Transfer Advising Services at 262-3159 or e-mail [Mpaul@utsa.edu](mailto:Mpaul@utsa.edu).

### DMRTI to host course June 21-25

The Defense Medical Readiness Training Institute will host the Homeland Security Medical Executive Course at the Hilton Austin Airport in Austin, Texas. Course information is available at [www.dmrti.army.mil](http://www.dmrti.army.mil).

### SkillSoft has new On-line Technical Support Portal

SkillSoft has a new On-Line Technical Support Portal. Users can now go to <http://onlinesupport.skillsoft.com> and click on “create a case.” Once the information request is complete, an e-mail will be sent with a password and case number. When this is established, the user can go in and track their case. This is in addition to the regular support desk at [support@skillsoft.com](mailto:support@skillsoft.com).

### Direct commissioning program available

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors’ degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail [Beverly.Casiano@usarec.army.mil](mailto:Beverly.Casiano@usarec.army.mil).

### ACES announces new hours

Army Continuing Education System, Bldg. 2248, 2408 N. New Braunfels, announces new hours of operations: Monday through Thursday 6:30 a.m. to noon and 1-4:15 p.m., Friday 7 a.m. to noon and 1-3:45 p.m. The center is closed from noon to 1 p.m. Have your registration information and cost when requesting tuition assistance. Also have a Degree Plan from the school you plan to attend. Guidance Counselors are: Jane Moon, 221-1373, Richard Rodriguez, 221-1429, Hazel Rockeymoore, 221-1634. Reception Desk, 221-1738. Army Learning Center, Clarence Prevo, 221-1117.

## Meetings

### USAWOA - Lone Star Chapter meetings

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets at 7 p.m. on the third Tuesday of each month at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, call WO2 Matthew Watterson at 295-8773 or e-mail [matthew.watterson@us.army.mil](mailto:matthew.watterson@us.army.mil).

### Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

### FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Command Sgt. Maj. Sampson Rush at 221-4129.

### Calling all single Soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For information, call BOSS President Kimberly Vaughan at 916-1772 or BOSS Program Manager Ben Paniagua at 224-7250.